

Happy birthday to Liam, Cameron & Desha who celebrated their birthdays this month.

We give a huge welcome back to Keira and her family to the Flippers whānau, we are all looking forward to catching up with them to see what they have been up to.

Highlights:

- Thanks to everyone that attended the Matariki night. It was good to catch up with all the families and thanks for all the healthy choices you brought with you
- We took a trip up to Yvette Williams's rest home to practice our Polyfest songs. They loved having us sing to them that they asked for an encore. If you would like a copy of the songs that we are singing please ask and we can email them to you or they are available on facebook.
- With Polyfest we are joining with London street so every Thursday we take turns at going to the other centre to practice as a group.
- We have been on lots of outings lately to the library, museum, and especially when Cadbury's chocolate week was on when some children went to the gnome hunt, the magic show.

Just a reminder to pay your accounts weekly, we accept; cash, cheque, eftpos or direct debit. Our account details are: 06 0901 0361284 000.

If you have any questions or concerns regarding your account, please feel free to talk to Lizzy ☺

Please note:

A big thank you to all the parents that are sticking to their booked hours and who are phoning in if they need the hours to be adapted.

Ka pai whānau

Early Learning at Flippers

C/O Moana Pool, Littlebourne Road, Dunedin
Phone. 471 97 82 Fax. 477 35 41

Some of what we're learning:

Tuakana:

The tuakana children have been really interested in Maori myths and legends. Their new focus is storytelling which is going to extend on to lots of different aspects of it. This has come from the Matariki and the renewed interest in the legends, from ICT where we watched legends on the laptop and told our own stories that were filmed and from our magnetic stories. You will expect to see the children using a variety of props, creating of the waka, new magnetic stories, and the children taking turns at retelling stories.

Teina:

The teina children have been involved in a variety of messy play, the teachers have been setting up a range of experiences in the teina area for them to use. For example, sensory jars and bag, stacking cups, glass ware. All these activities work towards our group focus of communication (Focus will carry on for a bit longer as there are lots of different aspects of it-see learning board). We are also starting to introduce a variety of books and nursery rhymes to our mat times so keep an ear out to see if you can hear what ones we are doing.

Winter weather:

Due to snow or bad weather Centre may need to start late or even close. If you are at all unsure then please check the following for further information - see our Facebook page, listen to 89.4FM or check our website at www.flippers.childcaredunedin.co.nz.

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

Lizzy, Lisa, Janelle, Chelsey, Nikki and Jess.



There are often more bugs going around at this time of year. Keeping your sick child at home helps to prevent the spread of these nasty bugs to other children and teachers. Please remember to phone in if your child is going to be away. Thanks ☺

The teachers are always doing readings to improve their teaching. Here are some interesting articles that have arisen lately.....

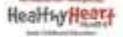
Kid's health issues – how much milk should my child drink?

<http://www.huggies.co.nz/baby-care/baby-feeding/nutrition/milk-intake>

NATURAL REMEDIES TO WARD OFF PRESCHOOL BUGS

[HTTP://WWW.OHBABY.CO.NZ/UNDER-5/HEALTH-AND-WELL-BEING/NATURAL-REMEDIES-TO-WARD-OFF-PRESCHOOL-BUGS/](http://www.OHBABY.CO.NZ/UNDER-5/HEALTH-AND-WELL-BEING/NATURAL-REMEDIES-TO-WARD-OFF-PRESCHOOL-BUGS/)

IF YOU FOR SOME REASON CANNOT OPEN THE LINK AND WOULD LIKE A COPY OF THE ARTICLE PLEASE LET US KNOW AND WE CAN EMAIL IT TO YOU. IF YOU HAVE ANY ISSUES OR SOMETHING YOU WOULD LIKE TO MORE ABOUT LET US KNOW AND WE CAN TRY FIND AN ARTICLE THAT MIGHT HELP. ☺



Planning for healthy snacks

Snacks can be either food or drinks. They are regarded as 'mini-meals' that give us energy and nourishment between main meals.

Planning for healthy snacks ensures that we teach children to make healthy food choices, offer snacks which meet their growth needs and help maintain a healthy energy balance for learning and play.

Here are some healthy snack swaps:

Swap this:	cost	for this:	cost
1 small packet of chips in a 12 multipack	\$0.49c	4 wholegrain crackers	\$0.32c
1 chocolate covered muesli bar	\$0.00c	1 banana	\$0.40c
1 big cookie	\$0.50c	1 pot of low-fat yoghurt	\$0.45c
1 packet of crackers and cheese dip in a 6 multipack	\$0.72c	2 slices of edam cheese and 2 wholegrain crackers	\$0.54c
1 250 ml pack flavoured milk	\$1.05c	1 cup low-fat milk (250 ml)	\$0.55c



For more information, visit www.heartfoundation.org.nz

Please remember to:

- Put fruit in the bowl in the morning
- Check the lost property for your child's missing clothes
- Look in the pockets on the back door for any notes or accounts we have put in there