# PHOENIX Preschool Inc.

# NEWSLETTER

OCTOBER (Whiringa-ā-nuku) 2017

ISSUE # 28

## Fathers Night

## INSIDE THIS ISSUE


Centre Manager's Report

From the Governance Committee

Welcome, Birthdays & Goodbyes

Pukeko Room

Kiwi Room

Thank You

Healthy Heart

# TENA KOTOU WHANAU

It is busy times at Phoenix at the moment with fundraisers, class photos and trips out and about. Thank you to the fundraising committee and teaching staff for the time and effort you put in to provide these events. I know the family photo fundraiser is helping check off presents for my family this year😉

**Reminders:**
Our sun safe policy requires slip – on a t-shirt covering shoulders, slop on sunblock before preschool (we will apply sunblock after lunch) and slap – on a wide brim sunhat. This is for all of term 4 and term 1 next year while the UV rays are at their strongest.

The Centre closes on Friday 22nd December 2017 at 12.00pm and re-opens on Monday 15th January 2018 at 8.00am.

We will be having a Christmas party on the Friday morning, more details to follow next month.

**Anna Hatton – Centre Manager**

# FROM THE GOVERNANCE COMMITTEE

There is so much happening at Phoenix at the moment it's a little hard to keep up! A successful father's night, class and family photos on the go, children's art being made into calendars, the upcoming bus trip and a working bee this weekend…...That there is so much activity is due to all the wonderful people (teachers and families), that are involved with the centre and give their own time to make great things happen. Thank you all once again.

No doubt those of you who attended the comedy hypnotist show are still recovering from the overdose of laughter. This event was a huge success and raised over $1800 for the centre. Awesome job fundraising committee!

Earlier this month the governance board held a special meeting to review and adopt a new set of centre policies. The new policies are aligned to the licensing criteria for ECE from the Ministry of Education. Organising the policies this way ensures all aspects of operating a centre are covered and nothing is missed. Anyone involved with the centre is welcome to view these documents, which will soon be available in hard copy in the office. An important part of these policies is ensuring everyone has the opportunity to contribute to policy reviews. Each month a different policy and its associated procedures will be placed on the centre notice board for families to review. Any feedback received will shape how the policies change in future. Constructive criticism and positive ideas for change are most welcome in this process.

**Dale, Tom, Nicky, Sue, Cath, Paul, Shelly & Kate**

# COMINGS, GOINGS & BIRTHDAYS

## WELCOME

George Waddell

James Sim

## BIRTHDAYS

Fred Kearney (4)

Emma Gallagher (4)

Charlotte Hall (3)

Sophie Thomson (5)

Levi Hickey (2)

Mila Raukete (2)

Molly Reid (2)

Theo Johnson (2)

Declan Leslie (4)

## HAPPY SCHOOL DAYS

Ruby Ross

Sophie Thomson

# PUKEKO ROOM

Kia ora Whānau, Well the weather has certainly been giving us a little bit of everything over the last few weeks!! As we are now entering term 4, our sun protection policy kicks in – this means all children need to wear a named bucket hat or wide-brimmed hat for outdoor play. All children need to arrive on session wearing sunscreen and we will reapply again at midday. Please bear in mind that the weather continues to be changeable so ensure your children are dressed for the weather on the day but have warmer/cooler alternatives in their bag.

In our group planning we have been supporting the children in their sense of whanaungatanga which is a sense of family relationships, a connectedness to others and the group, and an eye on enhancing and reinforcing relationships to foster a sense of community and belonging. For each child this looks a bit different – ways in which we are enhancing this is through our group times, supporting the building of relationships between tamariki and with kaiako, continuing to work on the development of social skills through taking turns, talking about emotions and feelings, sharing and communication.

The other facet of our planning is wairua auaha which essentially is creativity, lateral thinking, ingenuity and innovation. The tamariki display this through their pretend play, their art work, writing, building and we support this through storytelling, provision of provocations, props and spaces for pretend play – and also getting involved in the pretend play too!! Please check out our planning wall for some amazing photos and captions.

This month we have said a fond farewell to Kaiako Jill who you will now see on the checkout at New World. Jill has helped us immensely over the last few months and we hope she will continue on as a reliever from time to time. Please choose Jill's checkout next time you go grocery shopping, give her a big hug – and the tamariki all know that Jill just LOVES cotton balls!!!! Thank you, Jill, we wish you all the best in your new endeavor.

October is a busy month as we say a fond farewell to Ruby Ross and Sophie Thomson who are both heading off to school. We also said a teary farewell to Neve Ward whose family has moved away from the district. A big welcome Theo Johnson, Mila Raukete, Molly Reid and Levi Hickey who are transitioning from the Kiwi Room. We also warmly welcome James Sim, George Waddell and Amelia Fowles. With the Pukeko Room numbers growing, so has the need for an additional permanent and qualified teacher. On Tuesday 24 October we will welcome Kaiako Jess Smith to the Pukeko Room, please take the time to introduce yourselves and make her feel welcome, we trust that she will settle in quickly and enjoy her time at Phoenix.

**Our Letterland Letter:**
Zz Zig Zag Zebra – 16 Oct – 20 Oct
Kk Kicking King – 23 Oct - 3 Nov
Noisy Nick – 6 Nov – 20 Nov

**UPCOMING EVENTS IN OCTOBER/NOVEMBER:**
**LIBRARY WALK** – (older children) TBC
**ROSEBANK VISIT** – Wednesday 18 October – Rosebank residents are schedule to visit us at Phoenix!!!
**CLASS PHOTOS –** Tuesday 17 October from 10am – all welcome. If this is not your usual day at Phoenix, please come along with your child for the photo.
**WILLOWBANK BUS TRIP –** Friday 20 October leaving at 915am. An exciting day ahead!!
**A & P SHOW VISIT –** Friday 27 October by car

Arohanui,
**The Pukeko Kaiako – Diana, Ange, Sarah, Sharon & Tiffany**

# KIWI ROOM

Hello!!

Spring has sprung. Even though we have had a couple of rainy days the tamariki have been enjoying our new outdoor space with this warmer weather! The children have loved running up and down the mound and having the extra space in the sandpit, it is great to see them enjoying being able to go outside more.

Just a reminder that if the tamariki could please come with a change or couple of changers of clothing. Due to it getting warmer and us being able to get outside more, the children have more of a chance of getting dirty and playing with sensory items.

**The Kiwi Kaiako - Nicola, Gayle and Maggie**

## THANK YOU

A **HUGE** thank you to these wonderful families for your help at the recent Working Bee:

- Warren & Sue-ann Carr
- Kylie & Todd Grieve
- Robyn & Paul Chapman
- Cath Pottinger
- Greg Hubbard
- Nicky McDonnell
- Emma & Henry Ross
- And of course, the Neill's

Your help is much appreciated

# HEALTHY HEART

Heart Foundation

## MAKING SURE CHILDREN HAVE ENOUGH IRON

Iron is important for children's developing brains.

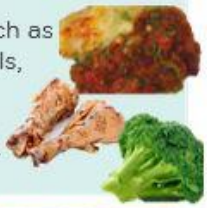
Eating vitamin C rich food such as kiwifruit, orange, spinach, cauliflower, capsicum and broccoli help us absorb iron from plant sources. Spread iron rich foods over the day to increase absorption.

**Simple ideas to include iron at each meal:**

- **Breakfast** – Iron-fortified cereals, 2 eggs or baked beans and wholemeal toast with some kiwifruit or orange.

- **Lunch** – Include legumes (e.g. beans, lentils or tofu), fish, poultry or meat in lunchboxes. Some nuts and seeds are also good sources of iron. Include capsicum or tomatoes.

- **Dinner** – Include foods such as red meat, legumes, mussels, fish, chicken, red meat, brown rice, broccoli and leafy greens to boost iron.



For more information, visit heartfoundation.org.nz

Heart Foundation

## Spring has sprung

**Time to get the vegetable garden ready for the summer harvest. Labour weekend traditionally signals the time to get back in the vegetable garden. If you are in a cooler climate, you may need to wait until November, or use coverings to protect seedlings.**

### Tips for gardening success

- Prepare the soil well, with compost or vegetable mix.
- Use old panes of glass to warm the soil and protect seeds.
- 2 litre milk bottles, with the base and lid removed, perfectly cover individual seedlings.
- Feeding seedlings monthly with worm tea or a seaweed tonic helps boost growth.

### Seeds or seedlings to try

Basil, beans, beetroot, broccoli, cabbage, capsicum, cauliflower, celery, chilli, corn, coriander, courgette, kale, lettuce, parsley, silverbeet, spinach, tomatoes

For recipes to use your vegetables visit: fuelled4life.org.nz