



Balaklava
Community
Children's Centre
LEARNING TOGETHER, EVERY DAY

Newsletter

7th March 2019

Dear families,

Our **World Book** day workshop: *Raising Happy Healthy Capable Adults* proved an interesting session to quite a few families with Yasmin, Mary and Kara from the Fraser Mustard Centre and Telethon Kids Institute outlining some key ingredients to achieve this:

- ⇒ A caring family who engages with their children in their play, talking, listening, responding and having fun. Taking the view of your child that they are a small explorer new to the world and you are their guide – enabling them to explore with all their senses and to make sense of the world in their own way and in their own time.
- ⇒ Serve & Return– engage in conversations with your child– check out this link for a great idea of how to go about this.
http://developingchild.harvard.edu/resources/multimedia/videos/three_core_concepts/serve_and_return/
- ⇒ Build their Emotional Maturity through teaching them the language and words to help them explain, understand and regulate their feelings – children don't learn in a heightened state
- ⇒ Build Physical health & Wellbeing through big muscle (climbing, swinging, crawling and running) and small muscle (cutting, drawing, playdoh) activities – it gives children the strength and endurance to be comfortable and capable to engage in a whole range of activities as they get older.
- ⇒ Build language around positive sleep habits as it helps children regulate their sleep patterns later in their development
- ⇒ Support them to develop social connectedness; how to repair relationships and resolve conflict; be empathetic; helpful and show them they are appreciated for who they are – this leads to positive mental health in later life.

If you are concerned about your child's development speak to someone at BCCC or contact the local CAHFs nurse (see over for Phone number).

Congratulations Sharon– we are proud of the work you do and this was also recognised by the Financial Auditor. Well done!



**CHILDCARE VACANCIES
AVAILABLE NOW!**
**We have permanent and casual
vacancies in Childcare available
everyday.**
**Contact the office to make
your bookings!**

Learning Together Everyday, Dale & Cara.

Dates to Remember

March

1st to 8th Preschool First Impressions
Interviews with parents

11th Adelaide Cup Public Holiday:
Centre Closed

17th BCCC Electrical Testing

18th **Annual General Meeting,**
Including *Mix and Mingle* with
Educators and families &
Volunteers Award presentation

20th & 21st Harmony Day Picnic

26th 4yr old CAHFs Screenings
start– this will continue each
term until everyone is seen

April

9th & 10th End of Term afternoon tea
for Preschool children and their families

12th Preschool End Term 1

15th Vacation Care starts



CONTACT US:
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Government of South Australia
Department for Education

Policy spotlight -

Nutrition, food, beverages and dietary requirements

Our Centre regards eating times as positive, pleasant, social experiences for all to enjoy. Good nutrition and healthy eating and drinking habits are encouraged in a safe, hygienic environment. Food will not be used as a form of punishment or reward.

Food (including cultural food events, raising and caring for chickens, recycling and our Kitchen Garden) will be used as learning experiences, introducing children to a variety of foods, family and multicultural values, with children taking part in activities including food preparation. Family participation will be encouraged.

In providing positive role models for children, fundraising events will take the Centre's *Nutrition, Food & Beverages, Dietary policy* into consideration and food in play will be kept to a minimum.

Staff recognise that early childhood is an important time when children establish healthy eating habits for life. These benefit children by maximising growth and development, activity levels and good health. This supports their positive engagement in learning activities. It also minimises the risk of diet related disease in later life.

BCCC policy and procedures are based on the 'Right Bite' strategy

A maximum of 2 'sometimes food' experiences may be offered per term in line with our Healthy Eating guidelines. These experiences may be for special occasions such as cooking days, celebrations or fundraising events.

Children will be encouraged to use self-help skills and to learn to choose to eat the **healthier food options** from their lunchboxes first.

Regular conversation with children as individuals and as a group should embrace opportunities to positively acknowledge healthy food options and talk about the value of such to the health and wellbeing of our bodies. Our learning and care programme includes ongoing education, involving children in informal discussions about health, nutrition and good eating and drinking habits e.g. cooking healthy meals and snacks with the children, raising chickens and using the eggs, eating the fruit from our Centre trees and growing our own vegetable patch. Popcorn, chewing gum, lollies, chocolate, flavoured milk, sugary drinks (fruit boxes, soft drink and cordial), salty snacks (chips etc) are examples of the types of foods and fluids that would be considered as **not** the healthiest options or can be considered choking hazards and therefore parents and caregivers are asked not to include them in their child's lunchboxes at the Centre.

See what's **NEW** at our

BOOK FAIR

Catch the reading wave!

FIND THESE BOOKS AND HUNDREDS MORE AT THE FAIR!

BCCC FOYER: Ends 12th March

EVERY PURCHASE EARNS **FREE BOOKS AND RESOURCES FOR OUR LEARNING CENTRE**—THANK YOU FOR YOUR SUPPORT

Child and Family Health clinic appointments available in Balaklava and Pt Wakefield.

Phone 1300 733 606

for an appointment to discuss anything about your baby or young child's growth, feeding, development or behaviour.

Did you know that BCCC's Nutrition, Food & Beverages Dietary Requirements Policies and Procedures is based on the Department for Education and Child Development's Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools? This strategy is founded on the Dietary guidelines for children and adolescents in Australia and aims to increase the proportion of Australians with a healthy weight.

2 of the Guiding principles of this strategy are:

- Children's Centres take opportunities to promote **GREEN** category foods and drinks and eliminate the promotion and supply of **RED** category foods and drinks.
- Children's Centres will take opportunities to promote and model consistent messages about healthy eating practices.

Green category foods and drinks should be encouraged and promoted: eg bread, rolls, English muffins, pita bread, raisin and fruit bread, pikelets, crispbreads, couscous salad, plain rice, fresh fruit & vegetables, baked beans, yoghurt, homemade soup, egg, lean meats eg roast, chicken, homemade pizza, water. Check prepared lasagna, spaghetti & pizza against the Nutrition Ready Reckoner for sodium & saturated fats.

Amber category foods and drinks should be selected carefully: eg pasta and noodles can range from Green to Red—choose reduced fat and reduced salt versions and many are high in sodium (salt). Dairy desserts may be full fat and need to be checked against the Nutrition Ready Reckoner. Select reduced fat cheeses and chicken nuggets, fish fingers and meat patties are better for us when grilled baked.

Red category foods and drinks should be avoided in most situations and are discouraged from being included in your child's lunchbox: eg chocolate or foods with chocolate chips, foods high saturated fats which *may* include pies, sausage rolls, donuts or salty chips.

At the Centre we may have Red Category foods twice per term eg at Easter or as part of a learning activity when cooking.



What makes it a healthy choice?

	Food per 100 grams
Total Fat	Less than 20 grams
Saturated Fat	Less than 5 grams
Sugar	Less than 15 grams
	If it contains fruit, less than 25 grams
Sodium	Less than 600 milligrams
Fibre	The higher the better

Why is good nutrition vital for children?

- it improves learning and attention span
- it improves physical and psychological wellbeing
- promotes growth and development
- reduces the risk of diet-related health problems in later life such as heart disease, type 2 diabetes, some cancers, stroke, high blood pressure, osteoporosis, dental decay, weight gain and obesity.