

## What to bring

### Bag

Each child needs a bag for their snack and to carry home items made at kindy. Please make sure all items your child brings to kindergarten are labelled, including clothing, shoes, hats, lunch box, water bottle and bag. We recommend “Stuck on you” labels (there are also many other brands) they are great for labelling all items & can easily be ordered online and posted to you.

### Hat

Hats (broad-brim or legionnaires) are worn from 1st August -30th April and on days when the UV rating is forecast 3 and over. We follow the recommendations from the Cancer Council SA. Please send a (named) hat in your child’s bag, between August 1st and April 30th and on days when the UV rating is forecast 3 and over. **Please note hats with cords are not permitted at kindy, as these are a safety hazard.**

Please apply sunscreen at home, when UV is forecast 3 and above. As a part of our lunch time routine, children are assisted to apply sunscreen when the UV is forecast above 3. As directed by our Sun smart Policy, required by the National Quality Standard.

### Healthy Snack Routine

Please send a healthy snack for your child to eat at Kindy. *Please pack “green foods”, fruit, vegetables, cheese, dry biscuits, dried fruit, and yoghurt. Please avoid sending “red foods”, rollups, chips, chocolate, sweet biscuits, sweets/lollies, cakes, and drinks other than water.*

Children choose to eat their healthy snacks during Active Learning Time. Snacks stay in children’s bags. Children eat at the tables on the verandah.

### Water bottle

Please bring a water bottle containing **WATER only** for your child. Water is the best drink for prevention of dental cavities and for good brain growth and function. Your child’s water bottle stays in their bag.

This is part of our Healthy Food and Nutrition Policy as required by the National Quality Standard, and aligned with the Department for Education Right Bite Policy.

### Lunch

Please pack a filling and nutritious lunch

- Main – sandwich, wrap. Educators encourage children to eat their sandwiches first
- Plus - Fruit, yoghurt, cheese, vegetable wedges, plain popcorn
- With a frozen ice brick in an insulated lunch pack.

Please avoid packing “red” foods (as listed above). Please avoid packing any extra drinks. Children drink from their water bottles during lunch time. Children’s drink bottles are refilled with water by staff, if needed throughout the day. You will receive a note indicating if your child has had their water bottle refilled throughout the day.

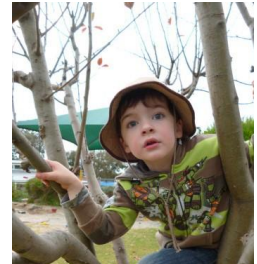
Please encourage your child to put their lunch bag in the trolleys on the verandah on arrival. The lunch routine involves applying sunscreen, washing hands, children getting their water bottle from their bag and lunch box from the trolley. Children sit together as a group eating lunch on picnic mats and tables on our verandah.

This is part of our Healthy Food and Nutrition Policy as required by the National Quality Standard, and is aligned with the Department for Education Right Bite Policy.

## Spare Clothing & Clothing for Active Play

Young children learn through experiencing the world around them. At Golden Grove Kindergarten children have the opportunity to engage in a range of learning experiences that involve sensory and messy play experiences, as well as those that incorporate nature and natural elements.

Sensory learning is a part of a quality active learning environment for young children. Golden Grove Kindergarten is a place where learning through sensory play experiences is valued. Through sensory learning, children are provided with rich and authentic opportunities to engage with nature and the natural world. We will provide opportunities for children to develop their skills in new learning, through experiencing graduated risks.



Please pack a set of spare clothes in your child's bag. In winter months, please pack two changes of clothes.

Please send your child in sensible clothing and footwear, enabling active participation in all Kindergarten learning experiences, e.g. climbing, sand play, painting, messy play, mud and much more! **Thongs and strappy sandals** are not suitable as they are dangerous when climbing and restrict running. Special party dresses, party shoes or special clothes which are "not to get dirty" are not appropriate for learning at Golden Grove Kindergarten.

To comply with our Skin Protection (SunSmart) & Hot Weather Policy children should wear skin-protective clothing (i.e. t-shirts with sleeve, not spaghetti straps or tank tops)

## Library Bag

Children visit Golden Grove Primary School Library regularly and borrow books. Please ensure your child has a library bag (clearly labelled with your child's first name and surname) in their kindergarten bag at all times.