



February 2023 newsletter

Family DAYCARE

Welcome Back

We hope you all enjoyed Christmas and New Year & you were able to have a relaxing break during this period. We are all very excited to start this year with so many changes happening in the scheme. We would like to welcome Natalie Coote to the FDC Coordination Unit as Educational Leader & the Wednesday Goondiwindi group for Gulliver's Mobile Children Service.



We have said farewell to some families and children who have left us to start their formal education at big school and we wish them all the best of luck as they embark on the new journey ahead.

We Also like to welcome all of the new families that have become part of our scheme.

If you have any question please contact our staff on admin@gdifdc or 46714500



Follow
us on
Facebook

Like our parent Facebook page
Goondiwindi Familydaycare
We use this as another way to keep
you updated.

Please remember to



pack all the things your child needs for the day- including weather appropriate spare clothes.




Sunscreen should be applied 20 minutes before sun exposure. We would love your help to ensure this happens. Could you please apply sunscreen to your child before they arrive each day.

Pack a healthy lunch and water bottle



Please let us know if any of your details have changed since enrolment.





Policies

WE ARE ABOUT TO UP DATE SOME OF THE SERVICES POLICIES

Parents of children at the service must be notified at least 14 days before making any change to a policy or procedure required under regulations 168 and 169 if the change:

- may have a significant impact on the service's provision of education and care to any child enrolled at the service
- may have a significant impact on the family's ability to use the service,
or
- will affect the fees charged or the way in which fees are collected

SAFE TRANSPORTATION POLICY
EXCURSION POLICY
INCIDENT, INJURY, TRAUMA & ILLNESS POLICY
DEALING WITH COMPLAINTS POLICY

These policies are available at the GDIFDC Office, Your Educator's home or service.

We will be emailing these policies to you in the next week. Please take the time to read these policies and provide the scheme with any feedback or changes you would like to see.

FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



PICK & MIX

1-6!

FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- Fruit in syrup (not syrup)

VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leak soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)

- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat

- Crackers
- Side salad

- Vegetable frittata
- Skinless chicken

- Drumsticks
- Savoury muffins or scones
- Sandwiches, cheese and sliced cold meats
- Steamed or roasted vegetables
- Lean

- Roast or deli meats and vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as

- wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.

Do you wear sunscreen every day?

To protect your skin from the sun's harmful UV rays, a good quality sunscreen is essential.

But, which is the right one to choose?

Have a look at our quick sunscreen checklist.

i Sources:

Cancer Council Australia. About Sunscreen

Cancer Council WA. Choosing and using sunscreen



What do all the terms mean?

SPF: The SPF (Sun Protection Factor) of a sunscreen is a measure of how well it protects the skin from sunburn. Sunscreens need to be applied liberally to achieve the SPF protection claimed on the label.

Water resistant: Does not come off the skin during swimming or exercise, provided it is not wiped off. While a label may state a sunscreen is '4 hours water resistant', sunscreen still needs to be applied every two hours to maintain the same level of protection.

Broad-spectrum: Broad-spectrum sunscreens filter both UVA and UVB rays. UVB is the principal cause of sunburn, but both UVA and UVB contribute to increased skin cancer risk.

The '+' sign: The plus sign means 'more than'. For example, SPF50+ sunscreen must provide at least SPF60 in testing. This is because the same batch of sunscreen will test slightly differently in different laboratories with different methodology. By testing at SPF60, it removes any margin for error.

EVERY TUESDAY-DURING THE SCHOOL TERM



COME AND JOIN LEAH & HER FRIENDS

28 GEORGE STREET- FAMILY DAY CARE
OFFICE

9AM-11AM

FOR MORE INFORMATION CONTACT THE
OFFICE ON (07)46714500

We are currently updating our Website.

Our page is full of information for both our educators and families.

ABOUT US & OUR SERVICES

has information regarding the service and Educators/Staff

OUR EDUCATORS

Meet our Educators
Becoming an Educator
Educators Login

Under our INFORMATION FOR FAMILIES you will find

FAQ

How to enrol your child
Useful links
Newsletters
parent Login

How To Get Onto Our Facebook Page
(Parents & Educators Only)