



From The Co-ordination Unit

What a hard and stressful time these last few months have been for everyone.

We would like to acknowledge all our educators for their hard work and dedication during these times of uncertainty and to all our parents— Thank you for adhering to our changes as we create a safe environment for your children.

We would like to farewell Belinda—one of our Educators from Goondiwindi. We wish you all the best with your big move.

As the Childcare Relief Package is coming to an end and CCS is being reinstated, it is important for any parents who have started with us since the 6th of April to ensure that you have applied for CCS through Centrelink. If you were with us prior to the change, CCS will automatically be applied again although it would be ideal to check all your details are correct.



Want to join

OUR

TEAM?

We are looking for

Early Childhood Educators

- ◆ Run your own business
- ◆ Work from home
- ◆ Choose your own hours

For more information contact
Nicole on (07) 46714500 or
nicole@gdifdc.com.au





Please remember to update any contact details if they have changed since enrolment. This includes phone numbers, work details, address and email.

Please pack your child a healthy and nutritious lunch box each day. Healthy foods provide your child with the energy they need to get through a fun and busy day. Please refrain from sending chocolate and lollies to care—these treats are best to have at home



IMPORTANT

NOTICE

.....PLEASE READ

Our policies have been updated for the year – and an important change for parents to be aware of is being able to collect a sick child with 30 minutes of being contacted. We hope everyone can understand the importance of this to help minimise the spread of infectious diseases.

As the weather has started to get cooler, we would like to remind you to please pack appropriate spare clothing . Thank you.

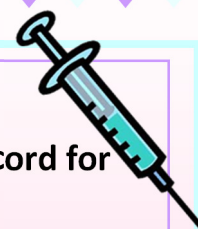
It is a requirement for our scheme to have an up to date immunisation record for each child in care.

Please remember after each immunisation to send us in an updated copy.

This can be:

- an official record issued by the Australian Immunisation Register
- a letter from a recognised immunisation provider (e.g. a GP or immunisation nurse).

The Personal Health Record (the 'red book') from Queensland Health is not acceptable proof of immunisation.



Move More, Eat Healthy



Healthy eating is essential for your child's good health, growth and development. Healthy eating in childhood means they will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity and some cancers. It will also mean they feel better, look better and enjoy life more.

Some foods are not essential in children's diets. These are called 'discretionary foods' and are generally high in kilojoules, saturated fat, added sugars or added salt.

It's OK to eat small amounts of discretionary foods now and then as part of a balanced diet. But you should try to limit these foods in your child's daily diet since they can lead to children becoming overweight or developing diseases in later life.

While we all enjoy a piece of cake every now and then we highly discourage parents packing lollies and chocolate into children's lunchboxes. Please keep these treats for home.

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



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



1. Fruit
2. Vegetables
3. Milk, Yoghurt, Cheese
4. Meat or Meat Alternative
5. Grain and Cereal Food
6. Water

Why Get Your Family Moving

Active kids have improved concentration, better self-confidence and stronger muscles and bones

Research suggests that sitting less (as well as being physically active) helps to reduce the risk of children and young people developing health and other problems in later life. Watching television, using a computer and playing electronic games all contribute to children and young people's sitting times, so that's why we recommend limiting them.

Toddlers and pre-schoolers should be physically active every day for at least 3 hours

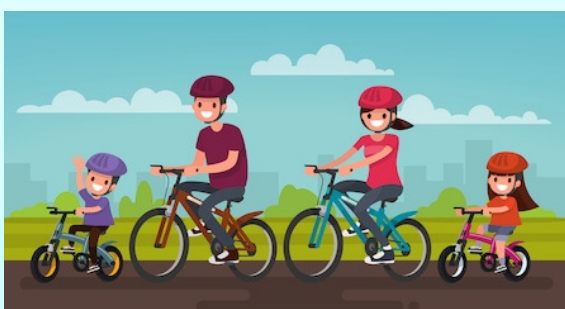
Children and teenagers should get at least 60 minutes of moderate to vigorous intensity physical activity every day.

<https://www.heartfoundation.org.au/heart-health-education/active-families>



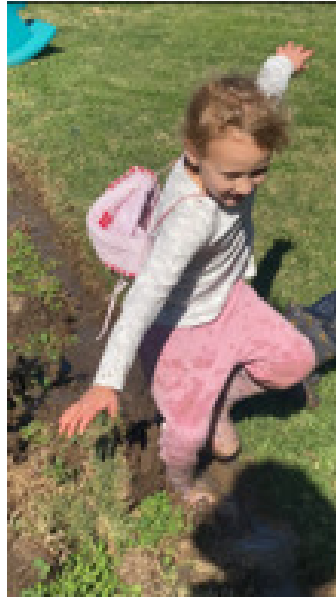
3 activities to do as a family

1. Go for a bike ride
2. Do some gardening
3. Go for a nature walk





Our Time At Tammy's



All the children have been very busy helping to prepare a new garden at Tammy's. It was so exciting to find some worms during the dig!

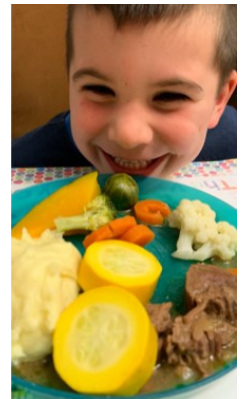
They have also made a dinosaur island with a moat all the way around it they can fill up with some water.



Leanne's Family Daycare



Oscar and Oliver have been picking vegetables from our day care garden and taking them home to share with their family. Their Mum, Sarah, has then sent in some photos of their family meals using the vegetables we have grown. This has been a great ongoing area of learning for the children and has required patience as the process has taken quite a while. We are now replanting more vegetable seedlings as Oscar has requested we grow lots of vegetables so we can share them with other families.



Chloe and Lucy had a surprise visit from the Easter Bunny and were very excited to receive some Easter eggs.



Chloe brought Mr Turtle to day care for Show and Tell

