SESSION TIMES:

**GROUP A**
Monday and Wednesday 8:30 – 3:15pm
Alternate Fridays 12:00 – 3:00pm

**GROUP B**
Tuesday and Thursday 8:30am – 3:15pm
Alternate Fridays 12:00 – 3:00pm

Children will be assigned to one group

COLLECTION/DELIVERY
We require you to sign your child in on arrival and out at home time each session.
Only people listed on your child’s enrolment form as having permission to collect your child will be permitted to take them from the Centre.
Please advise staff immediately of any changes.

WHEN YOU CHILD STARTS…..
Please bring with your child:
A bag
A piece of fruit
A healthy lunch
A change of clothes
Please label all belongings with your child’s name.

LUNCH
Please pack a healthy lunch for your child in a small child friendly container (see overleaf for suggestions)
Please put freezer bricks in your child’s lunchbox to keep their lunch cool. Children need to place lunch boxes in the basket by the kitchen bench on arrival.
Drinks are not required as we have a water bubbler for children to use throughout the day – please do not send water bottles or fruit boxes.
Please Note: WE ARE A NUT FREE ZONE please do not send food products that contain nuts or nut pieces or is made from nuts e.g. peanut butter, nutella, muesli bars with nuts in or on top.

CLOTHING
For safety reason thongs are not suitable for active play.
Please dress your child in clothing that neither you nor your child minds if paint or mud should get onto them.
As we encourage independence when going to the toilet please avoid hard to undo pants or belts.

HATS AND SUNSCREEN
Your child will be supplied with a legionnaires hat. Our Skin Protection Policy requires a hat to be worn each day during September – April and at other times when the UV Index is greater than 3.
Please apply sunscreen before coming to Kindy Staff will reapply at lunchtime when required.

ATTENDANCE:
Continuity is important. It is beneficial for your child’s social, emotional development and establishes a good routine in readiness for school. Please notify the kindergarten if your child is unable to attend due to sickness, holidays etc.

FEES PER TERM:
$110 for Term 1 (this includes hat, profile book) $90.00 for each Term there after (2, 3, 4 of 2013).
Subject to annual review.
A fee envelope will be placed in your child’s notice pocket. Please return payment to a staff member.
Please pay your fees by the due date.
Preschool fees go towards the everyday running costs of the centre.
If you are experiencing difficulties please see the Director ASAP to organize a payment plan.

NOTICES:
Please check your child’s notice pocket and notice boards each day for notices and fundraising events.

PROGRAM & PARENT WALL:
The kindergarten bases its planning, programming and assessment on the National Early Years Learning Framework using the Belonging, Being and Becoming curriculum.
The weekly program and other relevant information related to children’s learning and development is displayed on the Parent Wall above the children’s lockers. We encourage you to read about what is happening so discussions can occur with your child about what they have been doing.

GOVERNING COUNCIL:
Meet twice a Term on Monday afternoons at 5:00pm at the kindergarten. Dates are published in the newsletter. All welcome

FUNDRAISING:
Please support our fundraising efforts. All proceeds from fundraising go towards resources and equipment for the children.

FINALLY
Please feel free to talk to staff regarding any concerns or questions you may have.
It is our hope that the time you and your child spend at kindergarten will be enjoyable and rewarding 😊

Welcome to Risdon Kindy - Orientation Information
Foods at Kindy

We encourage healthy eating at kindy.

When you are packing lunch for your child to eat at kindy please keep this in mind and try to include a healthy selection of foods. Please only pack the amount of food you know your child will eat. Packing too many options results in children feeling obligated to eat it all.

We would prefer if items such as chips, chocolates, biscuits and other high fat/sugar content foods be kept for treats at other times outside of kindy.

Cling wrap is difficult for children to use. Please place sandwiches in air tight containers.

Please ensure your child places their lunch box in the lunch basket.

FRUIT IS TO BE KEPT IN THEIR BAG

We encourage children to eat the skin of fruit as this contains the most important nutrients.

NO DRINKS ARE TO BE SENT TO KINDY

We provide each child with a small drink of milk each morning. Cool filtered drinking water is available at all times.

Healthy Ideas for Lunch

Children eat different amounts of food according to their growth patterns. For smaller appetites pack smaller serves-cut sandwiches into quarters and chop fruit up so that there is still time for play.

- Ham and tomato sandwich
- Tuna, lettuce and gherkin roll
- Chicken and lettuce rolled up in Lebanese bread
- Leftover cooked meat sandwich
- Leftover pizza (Child can help make this for tea and have leftovers for lunch)
- Egg and lettuce sandwich
- Lettuce, cucumber, Tomato and cheese sandwich
- Salmon, or tuna, asparagus and cheese jaffle
- Baked bean and cheese jaffle
- Chicken or turkey, celery and lettuce sandwich
- Leftover vegies, salad or pasta
- Grated carrot, lettuce, tomato and cucumber
- Piece of quiche
- Leftover rissoles- made with grated vegies
- Dry biscuits with vegemite and cheese
- Small tin of tuna with salad

To accompany any of the above, a container with some of the following adds interest to a lunch box.

Carrot, celery sticks, cherry tomatoes, pieces of cucumber, sultanas.

To finish the meal- a small container of fruit pieces in natural juice, or a small yoghurt.

REMINDER WE ARE A NUT FREE ZONE