Welcome to all our new families and to our returning families. There has been a great deal of transitioning of children and their families throughout the Centre during the past 2 months. This can be a time of upset as children move from one space to another. Please talk to the educators if you have any questions or concerns - we are only too happy to listen and respond.

**Fee increases**

This is a reminder that when the Management Committee reviewed the annual Children’s Centre expenditure in preparation for the 2013 budget, we found that we had no alternative but to increase the fees. We have made every effort to keep these to a minimum. The increase came into effect on 7th January 2012.

**Important Dates**

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<thead>
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<th>Date</th>
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<td>20th</td>
<td>Wednesday</td>
<td>Centre AGM</td>
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<td>21st</td>
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<td>6th</td>
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<td>Box Car Race Day</td>
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<tr>
<td>9th</td>
<td>Tuesday</td>
<td>Obstacle-a-thon</td>
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Additional Information for these events will be available at a later date.

You are invited to attend our Annual General Meeting
To be held on 
Wednesday 20th February 2013
6:30pm
In the C.a.F.E. Enfield Children’s Centre Community Space.

We are looking for Parent Representatives to join our Centre Management Committee.

If you are interested or know of someone who would like to be part of our committee, please complete the Nomination Form at the back of the newsletter and return it to the office before Wednesday 20th February 2013

We would love to have you on board.

Childcare will be available in crèche on the night. Please use the booking sheet in your child’s room to register your child for care.
Kitchen news

All of the glitches and teething problems with our new oven have been fixed and it is certainly making life easier for Lisa in the kitchen.

Growing Bodies and Iron

Iron is a mineral needed to carry oxygen around the body. It is also essential for growth and development, activity, and to fight infections. Iron is especially important for babies and children because they are growing quickly.

There are **2 types** of iron in food:

- **Haem iron** which is found in animal foods and is better absorbed by the body. Red meat (lamb, beef & kangaroo) is the best source of iron, and other good animal sources are chicken, pork, turkey, eggs and fish.

- **Non-haem iron** which is found in plant foods. Good sources of non-haem iron include:
  - Beans & lentils
  - Wholemeal/whole grain breads & cereals
  - Green leafy vegetables such as broccoli, cabbage & spinach
  - Cauliflower
  - Peas
  - Dried apricots

It is important to combine non-haem iron foods with a vitamin C-rich food to help the body absorb more of this type of iron. Vitamin C sources include:
  - Oranges
  - Strawberries

Vegetarian Non-ham iron Recipe

Lentil Roast

**Ingredients**

- 375g red lentils
- 1 ½ cups rice
- 150 g cheese, grated
- 150g breadcrumbs
- 2 carrots, diced
- 1 onion, chopped
- ½ cabbage, shredded
- 1 tbsp oil
- 2 tbsp salt-reduced soy sauce
- 1 tbsp vegemite
- 500g jar tomato pasta sauce with basil

**Instructions**

1. Cook rice as per packet instructions
2. Cook lentils in a saucepan of water for 15 mins. Add vegemite & soy sauce while cooking
3. Lightly fry onion, carrot and cabbage in oil until soft
4. Combine rice, lentil mix, vegetables, bread crumbs and cheese.
5. Mix well & place in large baking dish
6. Bake at 170°C for 30-40 minutes
7. Heat pasta sauce, pour over roast and serve

Happy cooking!
Under 2’s Room
Welcome to a new term in the Under 2’s room. We have lots of new children starting, some new to the centre and some who are already accessing other programs on site. We welcome you all and look forward to getting to know you and your families!

We also say good-bye to some children as they move up to the Over two’s room and we look forward to maintaining our relationship with them as they progress through the centre!

Throughout the day we work towards providing a routine that best fits in with individual children’s routines from home; this forms the foundation of our program. This familiarity helps children to feel safe and secure and enables them to explore their new environment here at the Centre. Relationships with the educators begin to form and strengthen over time further supporting children to extend their explorations - and endless learning opportunities are open to each child. As we get to know each child we are able to recognise and follow individual children’s interests and further extend their learning!

Please speak to an educator in the room if you have any questions, ideas or suggestions for our room. Here’s to an exciting year ahead.

Over 2’s Room
Welcome back to Sarah after 6 months at home with her beautiful baby!!
Over the past weeks we have been enjoying the quiet time and beautiful warm weather by having many water play experiences, from watering the gardens using the watering cans, to running under the sprinkler. Creating our own beach in the sandpit was the most popular with the children talking about what they liked to do at the beach with their families. For example, go for ice cream, splash or swim in the waves, create sand castles and having picnics.

We also spent time in the cool, learning and talking about fire safety due to the large bush fires happening around Australia, engaging in small group games, baking our own afternoon tea, and lots of construction experiences with Lego, Duplo and the train tracks.
This term the over 2s will have focus around music, movement and creating a beat. We will be looking at creating beats and rhythms using instruments, our bodies, and voices. We will also be introducing dances and music from other cultures as well as listening to everyday sounds and seeing if we can identify and make links with those sounds.

Please come in and share your musical or dancing or talents with us. We would greatly appreciate this and the children would love it! Or bring in any music that you play at home with your child that we can also experience and share. Speak to an educator in the room for more information.

And finally... we welcome all of the new children and families into the Over 2’s room, and wish the children who have moved to the preschool room every success.

The Over 2’s Team
Welcome to a new term in the 4 year old room. We have lots of new children starting, some new to the centre and some who are moving up from the Over 2’s Room - we welcome you all!

Starting Preschool or moving up to a new room can be daunting for some children and their families. We want to assist you and your child’s transition during this time so if you have any questions or concerns please do not hesitate to speak to Gayle or Ali.

During Term 1 we will be learning about sustainability, through this we will be discussing farms; what they are and what is produced on a farm. We will continue our everyday practices of tending to our vegetable gardens and caring for our animals.

As a part of our Protective Behaviours Curriculum - Keeping Children Safe, we will be extending the children’s understanding of feelings through book based activities and songs.

We are looking for donations of recycled and junk materials for our collage/making area. Things like cardboard boxes, tubes (not toilet rolls though), bottle tops, wrapping paper, small plastic containers and any other exciting items would all greatly appreciated.

We are also looking for a volunteer(s) to sew some cushion covers for us. We will provide the material and the measurements, we just need someone with some spare time and know-how! Please speak to an educator in the room if you are able to help.

We look forward to an exciting term ahead as share your children’s exciting learning journey.

The Preschool Team

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Creche

This is shaping up to be a busy term in the crèche supporting a range of programs across the centre, including Community Playgroup, Craft and SACE, just to name a few.

The focus for this term will be on everyday play based on a Summer theme. Some of the experiences will include water play and coloured sand creations.

We will also celebrate several special cultural events-Chinese New Year, Holi and Easter.

The Creche Team.

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Joan Gilbert
Director, Education and Care
New email address: Joan.Gilbert26@schools.sa.edu.au
Saturday Playgroups for kids and dads
- including step-fathers, grandfathers, uncles

This is an opportunity for kids under four years and their dads to have fun playing, exploring, singing, learning and laughing together.

**Time:** 9.30 am -11am  
**Venue:** C.a.F.E Enfield in the creche  
Pateela St, Enfield

For more information please contact  
Lee on Wednesday or Thursday  
phone 8342 3329  
e-mail: Lee.jones410@schools.sa.edu.au

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**NOMINATION FORM**

Parent Representative for the Management Committee - 2013

Annual General Meeting  
20th February 2013 at 6.30pm

Nominee Name: ____________________________  
Print Name ____________________________  
Signature ____________________________

Committee Member [ ]  
Treasury [ ]  
Secretary [ ]  
Chairperson [ ]

Nominator: ____________________________  
Print Name ____________________________  
Signature ____________________________

Dated: / /