“Eat a Rainbow” in the Kangkulya Room

This term we are going to look at “Eating a Rainbow”, where we talk about the types of food we eat, the reasons why we eat these foods, their colours, appearance and taste.

‘Eating a rainbow’ of colours of fruit and vegetables promotes good health. Each colour provides essential vitamins and minerals.

It’s important to help young children develop a positive attitude to healthy foods, and for adults to role model healthy eating habits.

The idea of eating a rainbow uses the appeal of fruit and vegetable colours to encourage children to try new foods.

Preparing and cooking food also supports children to become familiar with raw foods and ingredients and learn more about them and where they come from.
Community Development News

“Fun with Family Music” is back.
This is a 5 week music and movement program for parents and children to participate in and enjoy together. Starting on Wednesday 17th August, 10am -11am in the Community Space here at C.a.F.E. Please telephone Jill to register.

Essentials 4 Women SA Collection
I am organising a collection for an organisation called Essentials 4 Women SA. Their aim is to support women who become homeless by providing them with basic items such as sanitary products and underwear.
During August we will have 2 collection boxes- 1 in the child care foyer and another in the Community Space.
You can donate the following items (Please note that they should be new products in the original packaging):

- tampons, pads, liners
- women’s underwear

Thank you for your support
For any information about groups and community programs being offered please contact me.

Jill Meldrum
Tel: 8342 3329
Email: jill.meldrum@sa.gov.au

CIRCLE OF SECURITY PARENTING FOR DADS
and other men of significance in young children’s lives.
It’s FREE!!!

Wednesday evenings 6.30-8.30pm
Beginning 3rd Aug for 8 weeks

With Leon from Relationships Australia and Annie from Learning Together.

Learn how to interpret and understand your child’s behaviour.
Help your child to organise their feelings, and learn how to organise your own feelings when times are tough in parenting.
Support your child to engage in more play and learning.

Enquiries and bookings to
Annie 8343 6555
**Being Sunsmart**

From August to May children and educators are required to wear sun hats & sunscreen in line with our Skin Protection Policy.

Clothing that covers as much of their skin as possible is best. Tops with elbow length sleeves and collars, and knee length shorts and skirts (or longer) are best. Approved hats are: broad brimmed, bucket or legionnaire style.

Please label all clothing & hats with your child’s name.

If you require more information about our policy please speak to an educator in your child’s room.

**Christmas Catalogue orders**

The Christmas Toy catalogues have arrived so that you can start your shopping early. This year we have 3 catalogue options from Chalk, Parent Direct and Educational Experience. For every order received the Centre is rewarded with vouchers valued at 20% of the total order. We will be fundraising towards equipment for the new Outdoor Learning Area located at the end of the Oval (more information on this next newsletter!!)

Ask the office for a catalogue.

**Important dates for Term 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>Aug 3</td>
<td>Wednesday</td>
<td>Circle of Security for Dad’s starts</td>
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<tr>
<td>Aug 17</td>
<td>Wednesday</td>
<td>Fun with Family music starts</td>
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<tr>
<td>Aug 17</td>
<td>Wednesday</td>
<td>Management Committee meeting</td>
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<tr>
<td>Aug 22-28</td>
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<td>BOOK WEEK BOOK SWAP launch</td>
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<td>Aug 29 &amp; Sept 1st</td>
<td>Monday &amp; Wednesday</td>
<td>Lift the Lip Dental visit</td>
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<tr>
<td>Sept 3</td>
<td>Saturday</td>
<td>Dad’s Playgroup</td>
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<tr>
<td>Sept 20 &amp; 22</td>
<td>Tuesday &amp; Thursday</td>
<td>Centre Photos</td>
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**Christmas Closure Dates**

The Management Committee have finalised the dates for the Christmas Closure. The Centre will be closed from 6:00pm on Friday 23rd December until 7:30am Monday 9th January 2016

**Centre Photos**

Photoplay Studios will be conducting child care and kindy photo days again this year. They are booked to come on Tuesday 20th & Thursday 22nd September.

More information will follow soon.
“the little big BOOK SWAP”

Supporting literacy and reading

During Book Week (August 22nd - 28th) we will establish 2 BOOK SWAP cupboards where you can bring in a children’s book from home that you no longer need and swap it for another book. One cupboard will be located in the community space and the other one in the Kangkulya room.

This is an initiative from the “little big book club”. They also have more projects in mind for the future such as translating picture books into different languages, and creating new board books and picture books for the Reading pack program. Check out their website for more information: www.thelittlebigbookclub.com.au

Dental Health & young children

Dental problems are the second most common reason that children are taken to hospital, and the most common reason children receive general anaesthetic once they are there! The great news is that dental health problems are preventable:

• brush your child’s teeth daily (it is important that an adult does this as children lack the physical skills to brush adequately)
• eat a balanced diet & avoid high sugar foods
• it is recommended that babies stop using a bottle after 1 year of age
• only put milk, water or breast milk in bottles, removing bottles immediately after they are finished
• Check your child’s teeth and gums monthly by “lifting the lip” and looking inside their mouth.
• Visiting your local free dental clinic

LIFT THE LIP VISIT

Staff from SA Dental Service will visit the Kangkulya Room on Monday August 29th and Wednesday September 1st to screen the children’s teeth. This involves lifting your child’s top lip to look at the top front teeth only. It is not a complete check.

SA Dental service recommends you check your child’s teeth by lifting the top lip once a month to check for early signs of decay. More information will follow soon.