

Over the month so far you may have noticed the children learning about their health and wellbeing. This is our focus for learning across the service. The children are learning about their bodies, how they work, how to keep them safe by what we eat, getting exercise and looking after our hygiene. The children have loved participating in different play based learning projects around handwashing.

The children did a great job with the dental visit last month and this month we have an Optical visit. It's not too late to register if you would like your child to see the optometrist on the 25th March.

HEALTH AND WELLBEING FACTS AND INFORMATION QA2

Living Gluten Free with Confidence

It's Coeliac Awareness Week which means it's the perfect time to take charge of your health and gain a deeper understanding of gluten free living and eating.

Whether you've recently been diagnosed with coeliac disease, suspect you may have gluten sensitivity, want to support a loved one, or just prefer a gluten free diet, making informed choices is key.

To mark Coeliac Awareness Week our expert Sanitarium Dietitian Nicola Perry is here to help you navigate the complexities of a gluten free diet with plenty of practical advice, nutrition tips, and delicious meal ideas. (Click on this text for more info)



Each Thursday in Kindy we have our Kids Pilates Class - during Term 1 the Focus is:

Physical Development: Core strength, Power & Agility, Plyometrics, Gross Motor Skills, Fine motor skills, Balance, vestibular development, emotional regulation, and concentration.

If you would like to know more information about this or would like your child to participate in a Kids Pilates class (also covered by NDIS) please follow this link. <https://www.kidsheartpilates.com.au/>



WHAT'S ON?

QA6

Happy Birthday - Chelsea 29th March

MARCH

17. St Patrick's day
20. Close the Gap Day
21. Harmony day
22. World water day
24. HennyPenny visit
25. Optical Visit
29. Games Night Staff social
More details to come

EDUCATORS LEAVE

11 Helen
17 Cassey
17-31 Payscha
21 Emma
21-24 Paige
24-25 Charity
28 Marissa
31 Georgia
31 Paige

APRIL

4. Police Visit
18th and 21st Easter Friday and Monday **CENTRE CLOSED**
25th Anzac Day **CENTRE CLOSED**

POLICIES AND PROCEDURES REVIEW QA2

Over the month we are reviewing the following Policies & Procedures to ensure that at all times children are protected.

- Caring for Babies
- Nappy Change and Toileting
- First Aid
- Emergency & Evacuations
- Dental Health and Hygiene
- Sun Safety & UV
- Child Protection
- Child & Youth Risk Management
- Dangerous Products
- Clothing and Comfort
- Supervision
- Sleep and Rest
- Handwashing
- Healthy Eating
- Asthma and Anaphylaxis

We are always happy to hear your feedback on our policies and happy to discuss further if you have any questions. We will email these out to you all over the coming month.

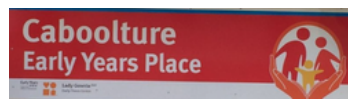
ENCOURAGEMENT

The Lord himself goes before you and will be with you;

he will never leave you nor forsake you.

Are you feeling tired or worn out? Remember to take time to look after your own health and wellbeing. This is important as you can't give from an empty cup. Make sure you set aside some time for you in your busy week and remind yourself of how great you are doing! We are all in this together too so reach out to those around you if you feel like you are needing a little encouragement or extra motivation.

PARTNERSHIPS WITH FAMILIES AND COMMUNITY QA6



As a parent, are you looking for somewhere to connect?

If you have a child under 8 years there is a wide range of playgroups and support programs available at the Caboolture Early Years Place. See an example of their weekly programs. They also offer free parenting programs, Family programs, Child Health advice and Family Support. For more information find them on Facebook or phone (07)54281477

Caboolture
64 Manley St, Caboolture

TUESDAY
Afternoon Playtime
3:15 - 4:15pm
0 - 8 years

THURSDAY
BUBs (Bringing Up Baby)
9:30 - 11:30am
Under 12 months

FRIDAY
Early Explorers
9:30 - 11:30am
12 - 36 months

Morayfield
108 Torrens Rd, Morayfield
(behind Loaves & Fishes, near McDonalds)

MONDAY
Playtime
9:30 - 11:30am
Up to school age

TUESDAY
BUBs (Bringing Up Baby)
2:00 - 3:30pm
Under 12 months

WEDNESDAY
Young Parents
9:30 - 11:00am
For parents aged 25 years and under

THURSDAY
Early Explorers
9:30 - 11:30am
12 - 36 months

Burrpengary
67 Kurrajong Dr, Burrpengary

WEDNESDAY
Early Explorers
9:30 - 11:30am
12 - 36 months

THURSDAY
BUBs (Bringing Up Baby)
9:30 - 11:30am
Under 12 months

FRIDAY
Playtime
9:30 - 11:30am
Up to school age

Woodford
9 Peterson Rd, Woodford

MONDAY
BUBs (Bringing Up Baby)
9:30 - 11:30am
Under 12 months

THURSDAY
Playtime
9:30 - 11:30am
Up to school age

Bribie Island
St Peters Anglican Church Hall,
Cnr Banya & Foster St,
Bongaree

THURSDAY
Playtime
10am - 12pm
Up to school age