



Little
Jarjums
Preschool



Casino West Public School

Week 2 Term 3

Tuesday 25 July 2023

www.casinowest-p.schools.nsw.edu.au



Dates to remember:

Thursday 10 August

Casino West Art Show

Saturday 19 August-25 August

Book Fair

Wednesday 16 August

Book Fair

Thursday 17 August

Book Fair

Thursday 17 August

Book Week Parade

Friday 18 August

Book Fair

Thursday 14 September

Movie Night School Concert

Wednesday 20 September

Group A last day of term

Friday 22 September

Group B last day of term

Tuesday 10 October

Group A first day of term

Wednesday 11 October

Group B first day of term

Welcome back!!!

Term 3 is here already! This year is flying by, and we are thoroughly enjoying our time at preschool with our Jarjums. The children have slotted back into preschool routine seamlessly this term and have been exploring new provisions and provocations in the learning environment.



Casino West Public School Preschool known locally as Casino West Little Jarjums Preschool Phone 02 6662 8995

QA6 Collaborative partnerships with families and communities Concept 6.1.3

Guess the fruit???

This term Thomas's wonderful family gifted us a bag of passionfruit. Mrs Clark showed the fruit to the children and they each had a guess of what fruit it could be. There were several "apple" guesses and some "kiwi fruit". The children then identified characteristics of the fruit. i.e., the outside is smooth and brown. The inside is yellow/orange with black seeds. We researched these characteristics on the interactive whiteboard and discovered that the fruit was passionfruit. We then searched recipes we could cook with passionfruit and the children decided to cook passionfruit muffins. The following day the children were provided with ingredients to bake the muffins.



Ballerinas in action

We have many Jarjums engaging in after school activities such as physie, ballet etc. They love bringing these interests to preschool and performing for us all. We have our very own ballerina and dance teacher 'Astoria', who this week has brought in her ballet/tap shoes and costumes for the children to use and she has been teaching the children some dance moves and styles.





We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide*!

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.



SunSmart membership

Our service is a registered member of Cancer Council Victoria's SunSmart Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures encouraged by educators at the service and when at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

Dress your child in clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and provide permission for sunscreen to be reapplied to your child before they go outdoors. This should be applied every two hours. From 3 years of age, under supervision, please help your child apply their own sunscreen so they can start to learn independent skills.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection. Hats that can be adjusted at the crown or can be tied at the front to help secure it on a child's head are best. If the hat is secured with a long strap and toggle, ensure it has a safety snap, place the strap at the back of their head or trim the length so it doesn't become a choking hazard. Please help your child remember to bring and wear their approved **sun hat**. Please keep this at service so they will always be ready for outdoor activities and play during the day. For the walk to and from the service and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for play whenever possible.

5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language?

Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language

Fact Sheet

HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.



LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit *occasionally* – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)

Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta

Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognese sauce, stirfry with tofu

Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)



Health

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au