

The James St Preschool
5 James St
Redcliffs
Christchurch
3819008



The James St Junior School
156 Main Road
Redcliffs
Christchurch
3819008

www.jamesstpreschool.co.nz

Nov/Dec 2007

The Ministry of Education together with the Ministry of Health have a new initiative which they launched in September 2007, called Mission-On. Some of you may have seen advertising for this. It is our aim to help you fully understand what this means for us as a preschool, the children, and for family and whanau. Mission-On is aimed at people aged 0 - 24, this is because they are the group of people we are most likely to influence and guide into a healthy eating and living lifestyle. As part of Mission-On we have updated our weekly menu to add more variety to help introduce a wider range of healthy eating options to your children.



Through Mission-On we are also able to apply for a \$5000 grant which we can use for our centre to help build up our healthy eating resources, provide parent evenings and many other options which the staff are currently discussing. In the early New Year we will present these options to you via our newsletter, and ask for your feedback before applying for the grant which we must do by April 2008. We look forward to hearing your feedback before we come to a final decision for our application.

We will also be providing you with fun and helpful tips for continuing this at home when providing food for your children. Kylie has undertaken to contribute to each newsletter by way of different menus, terminologies, creative and exciting snack ideas, and websites you can visit. We hope that you will find this helpful and informative. Kylie will also look at any ideas that parents wish to share, just drop a note in the payments box and we will share them in the newsletters as we can.

MISSION ON UPDATE

Our old food classification system talked about foods you should eat least, eat sometimes, and eat most. The new system now talks about everyday, occasionally and sometimes foods. These terms are much easier to understand and make it easier for you to think about what actually fits in each of these categories. We also recommend using the words 'everyday foods' and 'sometimes foods' instead of good and bad as this will provide children with a much more positive attitude to foods and help them understand foods that are great to eat everyday, and sometimes.

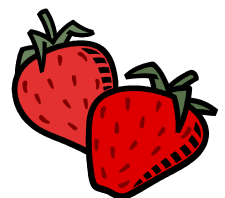
To help you out:

Everyday Foods Examples: vegetables, fruit, cereals (not sugar based), and breads.

Sometimes Foods Examples: pizza, muffins, macaroni cheese.

Occasional Foods Examples: pies, chocolate bars, deep fried foods. Please note that we cannot provide any occasional foods as part of our daily menu as they do not meet the standards required to maintain our Healthy Heart Award.

We hope this first tip helps you out as it is language that the staff are beginning to use with the children daily.



CHRISTMAS PARTY:

Our Christmas party is on Friday 14th December from 5.00pm to 7.00pm.



Lolly Scramble
Bouncy Castle
Zoom Slide
Face Painting
Sausage Sizzle
Non-Alcoholic Drinks

This year's Christmas party will run slightly differently, in order to reduce the time parents and children wait to see Father Christmas. This year Father Christmas will arrive at 5:30pm, at which time he will be available for children to sit on his knee and receive a small gift consisting of a wrapped balloon and a lollipop. Please do not bring your own gift this year.

We hope to see you and your family there.

BRAINWAVE TRUST PRESENTATION:



The Brainwave Trust educates teachers and parents about the processes in brain growth and development, and strategies that encourage children to reach full potential. Nathan Mikaere-Wallis (from the University of Canterbury) works with the Brainwave Trust and presents a range of scientific evidence and research. He also looks at the implications of the scientific research for child development and learning.

Janine Gemmell from Redcliffs School recently attended one of Nathan's presentations and remarked how it was "an excellent, informative and inspiring presentation for her, both as a parent of a preschooler and a teacher of primary aged children".

In conjunction with Redcliffs Primary School we are able to offer the opportunity to attend one of Nathan's presentations.

The James St Preschool & Junior School staff will be attending the presentation as part of the preschools Professional Development Programme.

Thursday 1st November
Redcliffs School Hall
Main Rd, Redcliffs
7:30 - 9:00 pm

Entry is by a gold coin donation to Redcliffs School.

WELCOME TO OUR NEW FAMILIES:

Maddison Hamilton	Poppy Hill
Alex Jennings	Ethan Nicolson
Seth Matheson	Caitlin Scott
Finlay Sharpe	Thomas Rawstron
Thomas Wright	

GOOD LUCK TO:

Charlie Cameron	Wilbur Cameron
Molly Chalmers	Nicole Hubrick
Althea James	Billy Knight
Poppy Knight	Jackson Robb
Zachary Waite	Reilly Ward

CONGRATULATIONS TO:

Claire, Gavin and Isabella Brindley on the birth of Harrison.

Sheryl, Matthew and Lucy Sawyer on the birth of Holly.

Maria, John and Nina Hayes on the birth of Vinnie.

Gwen, Justin and Marshall Macready on the birth of Francesca.

STAFF:



Sonia and her husband Dion have decided they are going to jump the ditch and move to Perth. Sonia will be finishing up just before Christmas. Dion is keen to pursue opportunities in the electrical field, while Sonia knows there will be no shortage of work for

trained ECC teachers in Australia. While we will be very sad to see Sonia leave we fully understand her and Dion's desire to travel while they are still young and childless!! Sonia has been a tremendous asset to all areas of the preschool, she has been incredibly flexible and adaptable and will be well remembered for years to come.

Kylie will certainly not be childless for much longer. Her and Craig are looking forward to the birth of their first child in May 2008. Kylie has indicated she will be taking approximately 14 weeks leave and will return to her position as Team leader of the Junior School. We wish her and Craig all the best over the coming months.



Sadly, Kay Parker has also decided to pack her bags and move to Brisbane. Kay will be finishing up on December 8th. Those of you that have been associated with the preschool for many years will appreciate just how much Kay has given over her fourteen years at The James St Preschool and Junior School. Kay started her time as a teacher in the preschool and later moved to Junior School, where she very quickly developed a huge amount of respect from the children and parents at the Junior School. Kay went on to become the Team Leader at the Junior School. The amount of respect Kay had with parents was often demonstrated by the number of people that

would ask about Kay's preschool when enrolling siblings of previous children. In more recent years Kay has undertaken a range of essential support tasks including working in the Food and Nutrition areas on Wed, Thurs and Friday. In this role Kay has continued to be appreciated by the children, staff and parents. We have never had such a high number of little helpers working in the kitchen/dining area.

Due to Kay's departure we are looking for someone to work in the Food & Nutrition area for approximately 20 hours on Wed/Thurs and Friday. If you are interested or know of someone who may be interested please give Tonia a call on 3819008 or 3849553 after hours.



2007/2008 FEES:

As we indicated in our last newsletter we have had to adjust our fees from 5th November 2007. Our hourly fee will increase from \$7.00 per hour to \$7.50 per hour. Our daily maximum fee will increase from \$40 to \$45. There will be no change at all to the Free ECE Optional Charge. This means that our fees will not change for any three or four year old attending 20 or fewer hours. Any three or four year old attending more than 20 hours will also see minimal change to their fees as the hourly charge is averaged across the whole week. For example a four year old attending eight hours in one day at the moment and receiving six hours free ECE is currently paying \$10 plus \$12 optional charge (if agreed to). From the 5th November this child's fees would be \$11.25 plus \$12 optional charge (if agreed to).

We have experienced significant cost increases over the last two years since our fees were last increased. In particular we are operating in an extremely challenging labour market. Registered Early Childhood Teachers have never been in such short supply. This situation is worsening as all preschools are required to have a minimum of 50% of their teachers ECE Trained and Registered from 31st December this year.

We are determined to maintain our commitment to having 100% of our ratioed teaching staff trained and registered, as well as only employing teachers of the highest standard possible. Failure to maintain the 100% target would not only affect the quality of education and care we deliver but also the rate that the Ministry of Education subsidise the 20 Hours Free ECE. This would also challenge the viability of continuing with the scheme.

We have seen our staffing costs increase by more than 30% over the last two years in line with our commitment to honouring full pay parity with kindergarten, primary and secondary teachers, for all of our teaching staff.



Has your income or family circumstances changed recently. Many people do not realise the income thresholds are reasonably high for receiving Work and Income Childcare Subsidies. If your family income is less than \$93600 per annum (\$1800 per week) then you may be eligible for a childcare subsidy of up to \$170 per week. Full details are available on the preschool notice boards, our website, or the Working for Families website.

You can contact Work and Income
on 0800 774 004
or
www.workingforfamilies.govt.nz

FOCUSES:

Nursery:

Body Parts and awareness

Junior School:

Science and Exploration.

The Five Senses.

Preschool:

Dinosaurs, Technology, Baking, Moving to Music, Using Props for Roleplay.

Our new Programme Planning system is working extremely well. Thank you for all the positive comments after our last newsletter. Staff really do appreciate parents taking the time to provide feedback on the displayed sheets at both preschools.

POLICY REVIEW:

We are currently reviewing the following policies:

November
Fire, Earthquake & Tidal Waves Excursions Staff Parents

These policies will be displayed on the sign in desk at both preschools.

Please feel free to make comments on the comment sheet next to the policies.

Children's drop off and pick up times.

It is ESSENTIAL that children are not dropped off early or picked up late, and that the correct time must be entered on the rolls not just their booked times as staff are often having to stay past their finishing time at the end of the day but parents are not entering the correct time.

It is a requirement of our licence agreement with the Ministry of Education that correct staff/child ratios and total licence numbers are adhered to at all times.

There is a \$1.00 per minute late/early fee for any child present outside of their booked hours.

We cannot stress enough the importance with complying with these Ministry of Education Requirements. Parents who fail to adhere to these rules will risk losing their child's space.

While this may seem severe the worse alternative is we risk losing our licence to operate as a Licenced ECE Centre.

IS YOUR CHILD TURNING THREE?

Please ensure that you have completed a Ministry of Education Attestation form at least one week prior to your child turning three. There is a sample form at preschool to assist you in completing all areas of this form correctly.

If you receive a Work and Income Subsidy, you should still complete an Attestation Form. Most parents will be better off claiming their entitlement of Free ECE and then claiming Work and Income Subsidies for any hours over six per day or 20 per week. We will contact you if you are better off just continuing on a Work and Income Subsidy. It is the parents' responsibility to notify Work & Income of any Free ECE hours being received so the subsidy can be altered accordingly.

If you change your child's booking on a **permanent** basis you will be required to complete a change of details form (as you do now), as well as an amendment to your attestation form (if receiving free ECE). Each Attestation Form has space for up to three changes to your child's hours.

If you change your child's hours on a **casual** basis you do not need to complete a change of details form. However if you wish to claim Free ECE for the casual hours (assuming you have Free ECE hours left in that week), you will need to make two amendments to your attestation form. In one line you will need to show the hours you wish to claim for the week of the casual booking. In the next line you will need to show the original hours being claimed again.

JUNIOR SCHOOL DRIVEWAY:

Could parents please drive slowly on the Junior School driveway. Some parents have commented that it can be difficult to negotiate this driveway on foot with children when cars are travelling too quickly. The Junior School driveway has a mandatory speed limit of 5 km/hr. This is a condition of compliance on our Christchurch City Council LIM report.

SUNBLOCK/SPARE CLOTHES:

Now that the weather is warming up, could parents please donate a bottle of sunblock for their child/ren.

The children will be experiencing a lot more water play, so please make sure they come along with plenty of changes of named clothes.

Preschool Hats are available for the children to purchase for \$15.00. We have samples of these on the sign-in benches at both preschools.

These personalised hats are already being used extensively in other preschools and as you will see are well designed to protect the face, head and neck during outdoor activities.

NEW UNIFORMS:

All staff have received and are now wearing the 2008 uniforms and they are finding the new design far more comfortable and practical. Staff are also receiving preschool hats to assist in modelling sun safe behaviour to the children.

NEW MENU:

In line with adhering to the new Food and Nutrition guidelines we have undertaken a major review of our preschool menu.

The new menu also reflects the tougher standards that the Heart Foundation has now set in order to maintain The Healthy Heart Award. The new menu (see next page), commenced on Monday 29th October.

All children are asked to supply a piece of fruit each day to share for morning and afternoon teas.

Daily Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	MT	Fruit Salad Muffins Fruit Platter Milk or Water	Apple Loaf Fruit Platter Milk or Water	Pikelets with Jam Fruit Platter Milk or Water	Apple & Cinnamon Scones Fruit Platter Milk or Water	Toast with Marmite Fruit Platter Milk or Water
	Lunch	Fish & Mixed Vegetable Pie with Potato & Cheese Topping Marmite Sandwiches on a Variety of Breads Water	Mashed Potato, Carrot, Pumpkin & Silver beet with Gravy Cheese & Marmite Sandwiches on a Variety of Breads Water	Sausage & Vegetable Casserole with Rice Apple Slices Water	Pasta with Tomato & Capsicum Sauce Fruit Jelly Water	Meat Loaf with Mashed Potato & Carrot Sticks Pumpkin Seed & Sesame Slice Water
	AT	Banana Cake Fruit Platter Milk or Water	Fruit Platter with Yoghurt Dip Milk or Water	Weetbix & Marmite with Avocado or Bean Sprout Topping Milk or Water	Corn & Ham Toasties Fruit Smoothie	Corn Chips with Tomato Salsa Fruit Platter Milk or Water
Week 2	MT	Cornflake Cookies Fruit Platter Milk or Water	Bran Muffins Fruit Platter Milk or Water	Toast with Marmite Fruit Platter Milk or Water	Lemon Muffins Fruit Platter Milk or Water	Fruit Scones Fruit Platter Milk or Water
	Lunch	Spaghetti & Potato Bake with Cheese & Meat Topping Rice Crackers or Natural Popcorn Water	Savoury Mince & Beans with Nachos and Grated Cheese Marmite Sandwiches on a Variety of Breads Water	Pasta with Tuna & Grated Cheese Jelly & Fruit Sponge Slice Water	Steamed Rice with Peas & Corn Marmite, Ham & Humus Sandwiches on a Variety of Breads Water	A Selection of Sandwiches on a Variety of Breads using Corned Silverside, Egg, Grated Cheese & Marmite Carrot Sticks Sultanas Water
	AT	Marmite & Humus Sandwiches on a Variety of Breads Fruit Platter Milk or Water	Plain Scones with Jam Fruit Platter Milk or Water	Carrot Muffins Fruit Platter Milk or Water	Carrot & Celery Sticks with Onion Dip Fruit Smoothie	Potato Wedges with Sour Cream Fruit Platter Milk or Water
Week 3	MT	Sultana Scones Fruit Platter Milk or Water	Toast with Marmite Fruit Platter Milk or Water	Apricot Muesli & Sunflower Seed Slice Fruit Platter Milk or Water	Ginger Muffins Fruit Platter Milk or Water	Ham & Celery Muffins Fruit Platter Milk or Water
	Lunch	Mashed Potato, Carrot, Pumpkin & Silver beet with Gravy Fruit Platter Water	Fish & Vegetable Risotto Fruit Salad & Yoghurt Water	Lentil Pie Marmite & Grated Cheese Sandwiches on a Variety of Breads Water	Sausage & Baked Bean Hash Marmite Sandwiches on a Variety of Breads Water	Pasta with Mixed Vegetables, Segg Cubes & Grated Cheese Water
	AT	Mini Pizza with Tomato Sauce, Cheese, Segg & Pineapple Topping Milk or Water	Cheese & Herb Muffins Vegetable & Fruit Platter Milk or Water	Spaghetti Rollups Fruit Platter Milk or Water	Crackers with Marmite and/or Creamed Corn Fruit Platter Milk or Water	Fruit Loaf Fruit Platter Milk or Water
Week 4	MT	Toast with Marmite Fruit Platter Milk or Water	Banana Muffins Fruit Platter Milk or Water	Spicy Pineapple Muffins Fruit Platter Milk or Water	Pumpkin Muffins Fruit Platter Milk or Water	Marmite & Lettuce Sandwiches Fruit Platter Milk or Water
	Lunch	Meat Balls & Spaghetti with Sweet & Sour Vegetables (Corn, Peas, Carrots) Marmite & Grated Cheese Sandwiches on a Variety of Breads Water	A Selection of Sandwiches on a Variety of Breads using Ham, Egg, Grated Cheese & Marmite Carrot Sticks Sultanas Water	Shepherds Pie with Peas, Corn & Carrots Marmite Sandwiches on a Variety of Breads Water	Spaghetti with Toast Wedges Fruity Bread Pudding Water	Fish Fritters Potato, Kumara & Parsnip Wedges Water
	AT	Date & Yoghurt Muffins Fruit Platter Milk or Water	Anzac Biscuits Fruit Platter Milk or Water	Cheese Scones Fruit Platter Milk or Water	French Bread with Cream Cheese Dip Fruit Platter Milk or Water	Rice Crackers or Natural Popcorn Fruit Platter Milk or Water

XMAS HOURS 2007:

To assist us with planning our staffing rosters over the Xmas period, could you please complete the following holiday booking form and return it no later than **Friday 23rd November**.

The preschools will be observing the following hours over the Xmas period.

Date	Hours Open
Mon 24 th Dec	Normal Hours
Tues 25 th Dec	Closed
Wed 26 th Dec	Closed
Thurs 27 th Dec	8:30 - 4:30
Fri 28 th Dec	8:30 - 4:30
Mon 31 st Dec	8:30 - 4:30
Tues 1 st Jan	Closed
Wed 2 nd Jan	Closed
Thurs 3 rd Jan	8:30 - 4:30
Fri 4 th Jan	8:30 - 4:30
Mon 7 th Jan	Normal Hours Resume

Kind regards to you all,
 Tonia, Murray, Tracy, Kerry, Emma, Sally, Jo,
 Hayley, Vanessa, Rebecca McIvor,
 Rebecca van der Kley, Hilary, Kylie, Sarah, Teryl,
 Sonia, Gary, Denise, Kay & Sharyn.

Holiday Booking Form - Xmas 2007

Child's Name _____

We will be attending our normal hours during
 December and January. *(Please Circle)*

OR

Last day of attendance before holiday
 _____ / _____ / _____

First day of attendance after holiday
 _____ / _____ / _____

Signed _____

Please return this form to the payments box.

Holiday Booking Form - Xmas 2007

Child's Name _____

We will be attending our normal hours during
 December and January. *(Please Circle)*

OR

Last day of attendance before holiday
 _____ / _____ / _____

First day of attendance after holiday
 _____ / _____ / _____

Signed _____

Please return this form to the payments box.