

Pelican News



September 2009 Update

Car Park

With so many people coming and going from the Centre throughout the day it is imperative that everyone takes care in the car park. Please ensure you are entering and exiting slowly and cautiously and please also ensure you are parking in a bay not just stopping in the drive way. Parents who continually park others in to save a few minutes are not only inconveniencing others but putting the children at risk. Thank you for your co operation in this matter.

Toys from Home

We strongly discourage children from bringing toys from home unless it is a sleeping aid or comfort toy. Staff just cannot ensure toys are not lost or damaged and with so many wonderful experiences and activities every day, toys from home are best kept there. Your assistance with this would be greatly appreciated.

Sun Smart Policy

As of September 1st our Sun Smart Policy came into affect. Please ensure your child is bringing a wide brimmed, legionnaire or bucket hat along with them each day. The children will have sunscreen applied 20 minutes before going outside, should you wish to supply your own sunscreen please hand his to one of the staff on arrival at the Centre.



As the weather does warm up please keep in mind that children are required to wear clothing that covers as much skin as possible and they need to wear sturdy closed toe shoes at all times.

Footy Day

Finals fever has swept Melbourne and on Thursday September 24th it will sweep Pelican! Children are encouraged to come wearing their Footy Team colours, participate in the Grand Final Parade and enjoy a football inspired lunch.



Casual Days

As you will have noticed our wonderful centre is getting busier and busier. This means that where we have always been able to cater for any extra casual days you require, we may not always be able to do this moving forward. The more notice you give us, the more likely it is that we will be able to help you out. Please speak to either Jessica or Simone should you require any extra casual days, or it might be a good idea to pick up the day as a permanent booking to ensure your place is always available.

Chalk Fundraiser

Thank you to all those families who have ordered from the Chalk catalogues. We will advise once we receive all your goodies.

It's a Girl

Congratulations to Lee and her partner Justin on the early arrival of their beautiful baby girl Bailey Lyn. Bailey raced her way into the world on the 9th of September and both she and Lee are doing well.



Birthday Parties

If you would like your child to celebrate their birthday with all of their friends at Pelican please ensure you give us 7 days notice. This allows Megan time to bake and decorate a cake and staff to organise photos to capture all the excitement!

Changes to the Kinder Program

Please note that in Term 4 there will be a change to Lynda's hours. Lynda will run the Kinder program Monday—Friday from 8.30am until 1.30pm. In the afternoon a Qualified Group Leader, Imelda will continue to run the program. Please introduce yourself to Imelda if you haven't met her already and feel free to speak to Jessica if you have any questions.

Parent Pockets

Thank you all for your patience whilst we have been waiting for our new parent pockets. For those families who do not have a pocket the room staff will have a copy of all Newsletters, notices or letters for you or feel free to just ask at the office.

Doctor

Please note Dr Rob is currently on holidays. Dr Rob will return to the Centre on September 29th.

Water

Our bodies are made up of 50% to 60% water, and water that is lost through breathing, sweat, and urine needs to be replaced. This is especially important in hot weather.

How much water should we drink?

As well as drinking water and other drinks (juice, tea), we get much of the water that we need from food. For example many fruits and vegetables are up to 90% water. How much water we need to drink depends on several things including the weather, what we are doing and how healthy we are.

For healthy children and adults, thirst is a good guide to when and how much they need to drink.

If children are able to get drinks of water easily, whenever they want to, they will drink enough. If children are not able to get their own drinks of water at school or kindergarten, give them a bottle of tap water to take. Trying to get a child to drink water when he or she is not thirsty, can lead to unneeded battles.

More drinks will be needed if people are exercising.

Water is much better than juices and soft drinks.

The high sugar content in these drinks can damage teeth and lead to extra weight gain.

Juices and soft drinks can interfere with children's appetite so they may not get all the nutrients they need.

Limit fruit juice to one small glass each day with a meal.

Tea, coffee, sport or 'energy' drinks and alcohol should not be given to children.

Save cordial and soft drinks for special occasions like parties or birthdays.

Making water more attractive to children

Try putting ice in it [some ice block trays come with interesting shapes].

Float a slice of lemon in the jug of water, or some fruit slices such as banana or strawberries.

Keep a jug of cold tap water in the fridge (but not everyone likes really cold water).

Let your children see that their parents enjoy drinking water!

Children, Youth and Women's Health Service (South Australia)

<http://www.cyh.com>