

Beechworth Community Child Care Centre
NEWSLETTER
March 2013

(03)57282378.

PO Box 98

Beechworth

Vic 3747.

Email us on our email address:

contact@beechworthchildcare.com.au

March is here. We were looking forward to cooler weather but summer seems to be hanging around. SunSmart policy stays in force until the beginning of May.

We had our Assessment for the National Quality Standards last Monday. The report will come in soon.

We wish everyone a Happy and Safe Easter.

Enjoy what Beechworth has to offer over the weekend and we will see you in April.

SCHOOL HOLIDAYS are nearly here.

Can you please let us know if your child will be taking time off as we a waiting list for children wanting to attend the centre.

WORKING BEE:

Thank you to the families that attended the working bee last weekend. The baby's garden is ready for planting now the rain has come to soften the soil.

We still need to drains at the ends of the pathways to be cleaned out so the rain can run away down the drain not into the centre.

UPCOMING EVENTS

Before our April Committee Meeting we will be having a Special Meeting to vote on the new Model Rules. A copy of the rules will be available for you to look at outside the office.

The meeting will be on Wednesday 17th April 2013 at 7.30 pm at the Hibernian Hotel.

Please make an effort to come and be part of the decision making. We need 13 people.

Easter and ANZAC Day we will be closed:

Friday March 29th Good Friday

Monday April 1st Easter Monday

Thursday April 25th ANZAC Day

Mother's Day Raffle: We would like donations to go towards our raffle. Items may include wine, chocolates, beauty products, and vouchers and so on. We will put a basket outside the office and raffle tickets will go out soon.

We are planning to be part of the big Baby Fair in Albury/Wodonga in May. We are looking for quality baby and children's items to sell. You can contact Susan Reid on 0412126391 and Danni Castagna on 0439493063. It would be great if you could volunteer to help on the day.

Helpful websites.

www.abc.net.au/parenting

www.parentingideas.com.au

(Michael Grose website and subscribe to free newsletter)

www.betterhealth.vic.gov.au

www.goforyourlife.vic.gov.au

www.health.vic.gov.au

www.raisingchildren.net.au

FROM Raising Children Network

By eating a range of different healthy foods, your child can get the best possible nutrition for growth, development and learning. When children learn

about and eat good food from an early age, they can develop healthy habits for life. The good food groups

Fruit and vegetables

Fruit and vegetables help protect your child's body against all kinds of diseases. This is because fruit and vegies provide energy, vitamins, antioxidants, fibre and water.

Children aged 4-8 years need to eat at least one piece of fruit and two servings of vegies every day. Instead of giving your child full serves (one serve equals half a cup) of just two vegetables, you might want to consider including several smaller serves of vegetables for more variety.

Choosing different-coloured fruits and vegetables is a great way to get a good range of nutrients. Starchy foods and grains

Starchy foods and grains give your child the energy she needs to grow, develop and learn. These foods include cereals, breads, rice, pasta and noodles. It's a good idea to offer them at every meal.

Starchy foods with a low glycaemic index, such as pasta and wholegrain bread, will give your child long-lasting energy.

Lean meats, fish and poultry, and meat alternatives

Lean meat, fish, chicken and meat alternatives such as eggs, beans (legumes), tofu and nuts give your child iron, zinc, vitamin B12, omega-3 fatty acids and protein for growth and muscle development.

Iron and omega-3 fatty acids are particularly important for your child's brain development and learning. Milk and other dairy products

Milk, cheese and yoghurt are high in protein and calcium, which helps build strong bones and teeth.

When your child's a baby, breast milk or formula is the best milk until he's 12 months old. After that, he can start drinking full-fat cow's milk before switching to low-fat milk after he turns two.

To get enough calcium, children aged:

- 1-3 years need 1-2 cups of milk or dairy serves a day
- 4-8 years need three dairy serves a day
- 9-13 years need 3-4 dairy serves a day
- over 13 need 4-5 dairy serves a day.

A serve of dairy can be one cup of milk, two slices (40g) of cheese or a 200g tub of yoghurt.

Water's the best drink for your child.

Sweet drinks - which include fruit juice, cordials, sports drinks, flavoured waters, soft drinks and flavoured milks - can fill your child up with sugar. This might mean she won't want to eat her meals.

Drinking sweet drinks can also contribute to weight gain and obesity and tooth decay. If kids start on these drinks when they're young, it can kick off a lifelong habit.

'Sometimes' foods

'Sometimes' foods include chips, chocolates, lollies, cakes, pastries, muesli bars, soft drinks, juices and takeaway foods - basically anything that's high in sugar, salt and/or fat, and low in nutrition.

It can be easy to eat too many 'sometimes' foods. The important thing is to find a balance - no more than 1-2 small serves of 'sometimes' foods a day is plenty.