

# Kinder Newsletter

Term 3, 2017 Issue 2

Kindergarten teachers and students have had a very busy but fun start to Term 3. We would like to thank you for your help and support with 100 days of Kinder, Grandfriend's day and Kinder Orange's focus assembly. If you have any questions, comments or concerns regarding information in our newsletter, we encourage you to send us an email. Our emails are as follows:

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## What is happening in the next five weeks?

- Book Week Fair and Parade - Tuesday 22<sup>nd</sup> August
- Father's Day breakfast (serving from 7.20 am), Walkathon and St Gregory's Day - these events are all on Friday 1<sup>st</sup> September
- Excursion to Floriade and Questacon - 20<sup>th</sup> September

## SICKNESS

There is a lot of sickness around at the moment. If your son or daughter feels unwell, it's best to miss a day or two of school so that he/she can make a quicker recovery. This also reduces the spread of germs and prevents other students (as well as teachers) becoming unwell too. It also avoids children's anxiety when they are off-colour and not in the comfort of their home. Teachers, of course, will also be sick from time to time. Our school always try to get the best relief teacher we can for your child's class, whenever possible.

## Good nutrition is vital for everyone's brain, especially for children.

This is the time when their brains, like their bodies, are growing fast, so it's important to make sure they are getting all the nutrients they need to keep their grey matter in top shape.

### Hydrate

The most important thing they can do is drink water, so they are well hydrated. Water helps the brain to function properly, and good hydration can improve your child's memory, focus, clarity and creativity.

### Take care of their bodies too

Growing bodies need extra calcium and iron, so encourage your child to include plenty of both in their diet. Getting enough calcium is important for your child's bone density and can help build strong bones for life. Good sources of calcium include dairy products, beans, bean products (like tofu and soy milk), nuts and seeds, sardines, seaweed, wholegrain cereals and leafy greens. Your child needs more iron for their growing muscles and increasing blood volume. Getting enough iron is particularly important for teenage girls. Good sources of iron include red meat, legumes such as beans and lentils, wholegrain and fortified cereals.

## Wholegrain cereals

Breads and pastas are ideal for keeping your child mentally alert during the day. They have low GI, so they release glucose slowly into the bloodstream, providing a steady supply of energy.

## Fruits, nuts and vegetables

Oranges, capsicums, guavas, dark green leafy vegetables, kiwi fruit, broccoli and blackcurrants are rich in vitamin C, which has long been thought to increase mental agility. Broccoli, asparagus, green herbs like basil, sage and thyme, and hot spices like chilli are great sources of vitamin K, which is another important brain nutrient believed to enhance cognitive function. Nuts, olives, seeds, brown rice and green leafy vegetables are a great source of vitamin E, another essential nutrient for developing brains.

Certain "**brain foods**" may help boost a child's brain growth, plus improve **brain** function, memory, and concentration. In fact, the brain is a very hungry organ and is believed to be the first of the body's organs to absorb nutrients from the food we eat. Growing bodies need many types of nutrients, but these **10 super foods** will help kids get the most from school;

1. Salmon (fish not eaten at school)
2. Eggs (whole egg not eaten at school)
3. Peanuts/ Peanut Butter (not eaten at school)
4. Whole Grains
5. Oats/Oatmeal
6. Berries
7. Beans
8. Colourful Veggies
9. Milk & Yogurt
10. Lean Beef (or Meat Alternative)

## Book Week Parade

Don't forget that the children dress up in their favourite book character. Your child is most welcome to wear the same outfit worn on 100 days of Kindergarten.

## Excursion

A separate note asking for permission and parent helpers will come out. If your child is a member of Qwestacon, please bring membership to school and we will photo copy it.

**If you ordered a gnome, please collect from the from office!**

Have a lovely few weeks!

Caroline, Janessa, Jessica, Kate and Daniel