

INSIDE THIS ISSUE:

P1 LUNCHBOXES
FOR LEARNERSP2 CLASSROOM
UPDATESP3 USEFUL
INFORMATIONP4 IMPORTANT
NOTICES

FootSteps

COMMUNITY PRESCHOOL NEWSLETTER

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REFUELLING AT PRESCHOOL



After all of the play and learning, your child will need to refuel. It's lunch time! The children get to sit and eat together with their friends. Putting high quality fuel into our children's bodies is going to help them immensely as they go through the rest of their day.

At Footsteps, we encourage children to make healthy choices from their lunchboxes. A better word might be for them to make NUTRITIOUS choices. We want our children to learn how to choose foods that are going to fuel their bodies. Check out the information provided here for lunch box ideas around what to include and how much to include.

HERE ARE SOME LOW COST, EASY AND INTERESTING LUNCH BOX IDEAS



REMEMBER, IT'S WHAT YOUR CHILD EATS OVER THE WHOLE DAY THAT IS IMPORTANT

WHANAU NEWS

WELCOME TO FOOTSTEPS

During September and October, we welcomed a number of lovely new faces to our Centre.

WELCOME TO THE POND:

Jeanette » Lana » Olivia

WELCOME TO THE BEEHIVE:

Shoaib » Oliver

HAPPY BIRTHDAY TIME IN OCTOBER!

Another year of blessing was and is to be celebrated for many of our precious children. They are growing up so quickly.

Emilio (4) » Jeanette (3)

» Nava (3) » Angela (5) »

Fa'apusa (4) » Utkarsh (4,) » Kate (5) »

Riley (4) » Taiesha (5)

We pray that God will bless each child as they grow bigger every day.



GRADUATIONS

We said good bye to these awesome boys as they go off to Big School:

David » Jason

SPECIAL DATES

On **November 1**, both the Pond and the Beehive are going on their class trip to **Butterfly Creek**. We hope that you can all come along and enjoy the trip with us. It's going to be a fabulous opportunity to see God's beautiful animal, insect and reptile creations as well as having fun as a big happy Footsteps family!

29 November is our special **Christmas Family Connect** programme. Please diary this date so that you can come along and enjoy hearing the story of Jesus as told by your children. There will be

lots of smiles, songs and fun!



NEWS FROM THE POND



The Pond children have been loving working on the processes around art. They have loved exploring the glue and paint. They have also been captivated by bubbles and water. Bugs and butterflies have been very exciting for them too as they observe butterflies flittering around the playground and dig for unsuspecting bugs in the garden. You can extend on these interests at home through talking, observing together, exploring and reading books or looking on the internet. There is always something amazing to learn about God's creation! Your children will love learning alongside you.



NEWS FROM THE BEEHIVE

The Beehive children have been excited by the garden – planting, harvesting and observing. They have planted seeds and seedlings and watched them grow. Romeo, our guinea pig, has enjoyed eating the broccoli, silver beet and kale. Did you know that you are welcome to bring in your broccoli scraps from home? Romeo would really like that. The children planted capsicum seedlings but the slugs and snails ate them before they could grow. This is good for discussion and learning. The children have also been intrigued by bugs. They have found great delight in observing and catching them. The trip to Butterfly Creek is going to really advance their learning in this area.



LUNCHBOX TIPS

Aim for a lunch box that has the four food groups (vegetables and fruit, breads and cereals, milk and milk products and lean meat, fish, seafood, eggs, legumes, nuts and seeds).

MIXING IT UP: MEAL IDEAS

Leftovers from dinner. For example pasta can be made into a salad or use roast vegetables in a **frittata**.

- Add variety to **sandwiches** by cutting into different shapes, making club sandwiches, **pinwheels** or using different breads such as rēwena bread or pitas
- Wholemeal wraps with tuna, lettuce and grated carrot
- **Meatballs** and pasta
- Wholemeal toastie. For example cheese and tomato, cheese and corn or cheese and pineapple.
- **Vegetable dumplings**
- **Sushi**
- **Vegetable fried rice**
- **Vegetable fritters**
- For example zucchini or corn
- Dhal and roti
- **Bean and rice salad**



MIXING IT UP: SNACK IDEAS

- Seasonal vegetables. For example corn cobs, baked kumara, capsicum sticks, and halved cherry tomatoes.
- Seasonal fruit. For example watermelon, grapes, feijoa, strawberries, oranges, plums, apricots.
- Plain yoghurt with berries or cut fruit
- Celery sticks with peanut butter
- Carrot sticks with cottage cheese
- Plain popcorn
- Grainy crackers or rice cakes with cheese
- Vegetable sticks with avocado dip
- Mini wholemeal sandwiches
- Custard
- Dhal and roti
- Bean and rice salad



MONEY SAVING TIPS

- Growing your own vegetables can be cheaper and is a great way to teach young children about vegetables and fruit. Green beans, cherry tomatoes and lettuce are great items to start with.
- Buy vegetables and fruit that are in season.
- Remember frozen berries and vegetables can be cheaper options.
- Buy items in bulk such as yoghurt and cheese and put into small containers for the lunch box.

SAFETY TIPS

- Remember to take into account your child's age when packing their lunch box.
- Small and round or soft foods such as popcorn and sausages can get stuck in children's airways. Grapes and cherry tomatoes can be halved and stones should be taken out from fruit.
- Hard foods such as nuts, raw fruit or vegetables may be difficult for young children to bite and breakdown enough to swallow safely. Carrot, celery or apple can be cooked until soft or grated.
- Check to ensure there are no allergy restrictions at the early childhood education service.
- Keep lunch boxes cool by including a frozen water bottle.

You can download recipes of the **bold items** from

WWW.FUELLED4LIFE.ORG.NZ

WELCOME NEW STAFF

We are very excited to welcome a new student teacher joining us.

Her name is **Savannah**. You will see her helping in both the Pond and the Beehive. We will all enjoy getting to know her as the weeks go by.



You may also see **Mrs Morgan** around the Centre helping us some days during lunch times. We know that you will make our new helpers feel very welcome.

Have you said hello to Mrs Lisita yet? She would love to meet you.

Mrs Leanne is going to be in the Centre every Monday and Tuesday. She will be working in the Pond to support the teachers and children there. If you haven't met her already, please say hi to her.



Have you met **Mrs Abby**? She is one of our amazing relievers. She works in both the Beehive and Pond if one of the teachers is away or we need extra support. Please say hi to her and get to know her.



IMPORTANT MESSAGES



SCHOOL READINESS

The School Readiness programme is on hold for the first couple of weeks of the term as Mrs Jeannie is on a fabulous overseas trip. You will have to ask her all about it when she returns in Week 3!

SUN HATS

Summer time is almost here! Please send a named sun hat along to Preschool so that your child can be sun safe. The hat can stay at Footsteps so that it is available for your child to wear on any day that they attend. Thanks.

DRIVEWAY AND PARKING SAFETY

It is our job to keep your child safe and happy at preschool. We take our responsibility very seriously. There is one place at Preschool that it harder for us to manage as carefully, and that is the carpark and driveway. Please follow the arrows on the road and honour the no parking zones as this will help us and our children to be safe.

CHANGES TO PRESCHOOL DAYS

If you need to change your child's days at Preschool we need two weeks' notice please. This is because invoices are charged two weeks in advance. Thank you so very much.

THE POWER OF PLAY

We LOVED having you all come to preschool for our Power of Play Family Connect. It was awesome to see you playing with and connecting with your children. It made us smile to see your children showing you their favourite, special toys and spaces. Thanks so very much for taking time to be here. We hope that you loved it too. Would, you like another connect event in the afternoon in the future? Let us know what you liked and how we could have made it better. We are always seeking ways to learn and grow.



FOOTSTEPS CALENDAR

Keep up to date with all planned events by checking you child's mail pocket, our Facebook page and posters up around the Centre.

- Mon, 22 Oct Labour Day
- Tue, 30 Oct First School Readiness session for Term 4
- Thu, 1 Nov Footsteps' trip to Butterfly Creek - Pond AND Beehive together
- Thu, 29 Nov Christmas Family Connect Event

Papsda events you're invited to:

- Sat, 27 Oct: EPIC Kids Church 11:00am
- Fri, 2 Nov: EPIC Parents Life Group 10:00am

REQUEST:

Please be sure to empty your children's pockets. There are important announcements in them that you need to be aware of. Thanks for remembering to do this regularly. And thanks for helping your children not to touch the 'mail' that belongs to other families. We appreciate that.

