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# FootSteps

## COMMUNITY PRESCHOOL NEWSLETTER

28 Puhinui Road, Papatoetoe, Auckland | Tel +09 250 1067 | Fax +09 250 1084  
Email [footstepspap@xtra.co.nz](mailto:footstepspap@xtra.co.nz) | Web [www.footstepskids.co.nz](http://www.footstepskids.co.nz)



## BREAKING THE FAST

### IDEAS FOR BREAKFAST

How is your bedtime routine going? (See our last newsletter for tips on end-of-day tips).

So, your child has woken, refreshed, happy and ready for the day ahead. That's awesome! Now it's time for breakfast so that they are fuelled up and ready to go into a busy, fun-filled day ahead. A poor quality, sugary breakfast will prevent your child from making the most out of school and preschool because they will be feeling edgy and unable to focus. Here are some great ideas for making a wholesome first meal of the day. This meal needs to be packed with goodness and the right kinds of instant energy/brain/slow release energy foods to help make your child's day smooth and pleasant.

### OATS

Oats are a great, inexpensive breakfast food. They are simple and quick to prepare and they have no sugar! Follow the instructions on the back of the pack to make a nutritious, cost effective meal for the whole family. Add fresh seasonal fruit such as sliced banana, stewed or fresh apple, berries, feijoas etc, a sprinkle of cinnamon, some pumpkin/sunflower seeds, some chopped nuts and some milk. The

sweetness in the fruit means that you don't need to add any sugar because it is naturally sweet. The nuts and/or seeds and milk provide some protein to get the brain going. The oats are the energy source. How perfect!

Use oats to make Bircher Muesli. This is one of my (Angie) favourite breakfasts. I like it because it tastes great, is filled with goodness and because it gets made the night before so in the morning it is already made and waiting for you to enjoy. There are heaps of different recipes on the internet so check them out and try them all or create your own special mixture! (Remember to aim for low sugar)

Oats can be used to make homemade toasted muesli. Making your own at home means that you can add the ingredients that you want and it costs much less than buying it from the supermarket. Look for a low sugar recipe that will provide the nutrients your family needs to start the day feeling great!

Breakfast – done and dusted and you are all out the door fuelled up and good to go! Have a great day everyone!

# WHANAU NEWS

## GRADUATIONS

Congratulations to these three beautiful girls and two handsome boys! We will miss each of you and your families too. We have loved being a part of your lives. We pray God's blessings over you as you continue your learning adventure at Big School.



Elyse » Abby » Ulyana »  
Ositini » Edward



## HAPPY BIRTHDAY

Jude (4) » Andrea (5) »  
Elyse (5) » Odin (4) » Aisake (4) »  
Edward (5) » Elisha (3) » Ulyana (5) » Ositini  
(5) » Lini (3) » Abigail (5) » Jake (3) » And  
Happy Birthday to Mrs Jeannie on April 24!



## NEW BABY

Zoe has a beautiful new sister! Her name is Aria. Welcome to our Footsteps Family Aria!

## WELCOME

We love meeting new friends! We warmly welcome these new children and their families:

Jaeden » Queenie » Elton

# News from the POND!

The Pond children climbed aboard a big bus recently and travelled to Omana Regional Park to enjoy seeing the beach. There were lots of parents aboard the bus ready to enjoy a happy day with their little ones. Thank you for being available to help with this wonderful trip into nature. The children explored the playground, relished a long and delicious morning



tea and then went down onto the beach searching for litter. The Pond children know that litter is not good because it hurts the creatures that live in the sea. They worked hard to find lots of litter and then enjoyed making a sculpture out of natural objects to thank God for making such a beautiful world for us to live and play in. Thank you Pond teachers. What a great trip for everyone!

# News from the BEEHIVE!

The Beehive had a great trip to the zoo. Thanks parents for coming along to support and to enjoy the day with the children. The zoo has an education centre and the children were able to enjoy being in there to learn about classification and observing which creatures have scales, fur and feathers.



The children got to handle some interesting items including a huge snake skin! They loved looking around our spectacular Auckland zoo with their parents and teachers. What an excellent trip for everyone. Thanks Beehive

teachers for planning such a great adventure to deepen the children's current interest in the incredible animals that God created for us to enjoy.



# STUDENT NEWS

We are saying good bye to Paige who has been working hard in the Beehive as the student teacher. She will be finishing up in early April. Thanks Paige! It's been great to have you as part of the team. We pray God's continued blessing over you and your family as you study.



We welcome Mr Harpreet as he works in the Centre everyday doing his in-home practicum. We already know him and the children enjoy having him around. We can have him with us everyday for the next little while. Yay!



Mrs Lorena has almost finished her out-of-centre practicum. We are really looking forward to having her back with us. We have missed her.

Miss Tamara has begun her study programme with New Zealand Tertiary College. She is excited about this and we are here to support her and help her. She will be supporting the teachers in both

classrooms in a variety of roles when Mrs Lorena returns.

The Pond will enjoy having a student on her four-week practicum at the end of April. Footsteps is a place where students are nurtured and supported in their learning journey. Thank you, teachers, for sharing your expertise and skill with them. Thank you families for always being warm and friendly to these guests in the Centre.



# HOLIDAY IDEAS:

While the weather is great, have a picnic together at the beach or a local park. You could go on a litter hunt (like the Pond children did) and make our world look beautiful! Enjoy running races with each other and explore the playground. You could even go to a new place - somewhere that you have not been before, and have fun exploring it together.

Cooking is always an interesting activity. You can start with something simple and fun like making a sandwich. Learning how to manipulate a knife while spreading butter or honey etc is a pretty tricky skill that can be made an exciting adventure when it's called 'cooking'! Using a cookie cutter to make the sandwich an interesting shape makes a plain sandwich attractive. Fruit or vegetable kebabs are fun, tasty and healthy and very easy to make. Scones are fun and exciting too. You can make them plain or very fancy (find a recipe for pinwheel scones). Corn fritters are great to make and you can tuck in some grated vegetables like zucchini or carrot as well as chopped fresh parsley to make them a very nutritious addition to a meal. How about cooking breakfast together on the mornings when you are not in a rush. You could make oatmeal and chop some fresh fruit to put on top. (See the front page of this letter for other oat ideas).

Always take extra care with children around hot appliances. Set some clear guidelines and expectations before working together in the kitchen so that everyone can have fun!

# COMING UP!

**EASTER:** Easter is a very special time of the year when we remember God's LOVE for us. We pray that you and your family will be blessed as you get some extra days away from work and school to be together. Remember that Easter is all about love! The Centre will be closed on Easter Friday, 30 March and Easter Monday, 2 April. We will be OPEN on Tuesday, 3 April. See you then!



## DAYLIGHT SAVINGS



**ENDS:** Remember to change your clocks on Saturday night before you go to bed. Wind them BACK 1 hour! How delicious...an hour extra tucked in bed on Sunday morning!

**CRAZY HAT DAY:** Wednesday, April 11 is our Crazy Hat Day. Start planning now so that you have time to create an amazingly crazy hat for your child! Use your imagination and go wild! We can't wait to see what awesomely zany things you and your child dream up!



**BABY SHOWER:** As well as April 11 being our Crazy Hat Day it will also be our opportunity to bless Miss Sina with a Baby Shower. We will enjoy some fun at 1:45 and then eat a delicious afternoon tea together. Keep this special occasion in mind. We would love you to bring a plate of healthy food to share and a sense of fun so that we can enjoy thinking about the precious baby boy that will soon be a part of Miss Sina's life. Please note that Miss Sina's last day at the Centre will be Friday, 27 April.



**HOLIDAYS:** School Holidays start Monday, 16 April and the new term begins on Monday, 30th April. The Centre will be open, as usual, for those two weeks.

# NEWS, NOTICES AND INFORMATION THAT YOU NEED TO KNOW ABOUT

Educa is available to parents! There is a screen and keyboard available near the sign-in sheets so that you can access Educa any time that you are in the Centre. Check with Annelise so that she can invite you to join Educa. Accept the invitation from your home email and voilà! We would love to see you making use of this facility. It was put there just for YOU! Enjoy!



# SPCA<sup>®</sup>

## NEW ZEALAND

**FUNDRAISING:** Thank you everyone for your kind generosity during our SPCA fundraising effort. We had some cosy blankets/towels donated and even a real dog bed. We had ice cream containers and their lids too and collected 20 cans of food for cats and dogs. We raised \$283.90! The lady from the SPCA came to collect our donations and she was thrilled!

If you have a heart for animals and would like to donate old blankets/towels, ice cream containers, shredded paper, food, cash etc to the SPCA as an individual or as a family you are very, very welcome too. All donations are gratefully received.



## FOOTSTEPS CALENDAR

- Easter Friday:** 30 March (Centre is closed)
- Papsda Easter Drama:** Friday, 30 Mar 7:30pm  
Saturday, 31 Mar 11:00am
- Daylight Savings Ends:** Sun, 1 April 2:00am
- Easter Monday:** 2 April (Centre is closed)
- Crazy Hat Day:** Wednesday, 11 April
- Baby Shower:** Wednesday, 11 April
- School Holidays Begin :** Monday, 16 April

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



SPCA RECEIVING OUR PET FOOD

## MANAGEMENT TEAM:

Do you love Footsteps and want to see if grow and flourish even more? You can contribute to this by becoming a part of the Management Team. During monthly meetings a committed team of parents get together to chat about how to keep Footsteps the awesome and amazing place it is and share their wisdom and insight about how Footsteps can become even more fantastic for the children and their families. Come on and be a part of this vibrant team of passionate people who love this place and what it does for their children. Talk to Angie if you would like to know more.