



Ninna Marni everyone

Hopefully, you will have received an email and seen the posters around the Centre inviting you all to our Mid-Year Celebration on Saturday, the 22nd of June from 9-11am in the Beyond Space.

Not only will we be celebrating the group of preschool children who will be leaving us at the end of Term 2, but we will also be farewelling Joan, who has been the Director of our Centre since December 2005.

There will be nature play, weaving, mud play, loose parts and junk play, so please come dressed in clothes you don't mind getting dirty! Bring your own rug and picnic and we look forward to seeing you there.

**CENTRE CLOSURE DAY ON
WEDNESDAY,
THE 10TH OF JULY**

Important Dates

22 June	Mid Year Celebration 9-11
26 Jun	Management Committee meeting 6-8pm
2,3,5 July	Pyjama Day
5 July	End of Term 2
6 July	Dad's Playgroup 9:30-11
7-14 July	National NAIDOC Week
10 July	CENTRE CLOSURE DAY

Important Information- Child Health Policy

The nature of interactions within our Centre means that illness can quickly spread. Exclusion of sick children and implementing effective hygiene practices reduce the risk of infection and the transmission of illness. The centre does not have the facilities or the staff to care for sick children therefore children who are unwell, or have infectious or contagious diseases-should **stay at home**.

Note- if your child needed to be given Panadol or Paracetamol in the morning or the night before they attend the Centre then **please keep them at home-** as this is likely a sign they are unwell.

You can find out more about our Child Health Policy and other policies on our [website](#)

POLICIES CURRENTLY UNDER REVIEW:

If you would like to contribute to the review of this policy, it is available to read on our [website](#) or you can request a copy from the office.

- **Safe Arrival of Children Policy (new)**
- **Parent Complaint Policy**

RATED
EXCEEDING
NATIONAL QUALITY STANDARD



FROM THE COMMUNITY DEVELOPMENT CO-ORDINATOR

Hello CaFE Enfield Families

We hear rain is in the forecast! If you have a coat that no longer fits your child, you can donate the coat to the Centre. We will then put it on our “Coat Swap Rack”, and in turn you might be able to find a coat that fits your child.

Recently, a number of families have donated excess fruit from their trees to share with other families in the Centre. This is a great way of showing kindness to others in the way of giving back and encourages a sense of connectedness between the children.

We recently ran a “Toilet Learning” session here at CaFE Enfield. I appreciate it’s not always easy to get to these sessions, but I’m happy to organise a time to meet one on one to discuss your child’s needs around toileting.

For more information on ‘What’s On’, keep an eye out for our timetable and other flyers on the notice board near the sign in sheets.

For further information or if you have an idea about a parenting session you would like me to organise, please contact Jill on either 83423329 or jill.meldrum@sa.gov.au.



Just a reminder that we have several children with severe allergies who attend our Centre. We have noticed an increase in the number of children coming into the Centre eating, as well as finding snacks in children’s bags. For the safety of all children, **please do not bring food into the Centre.**



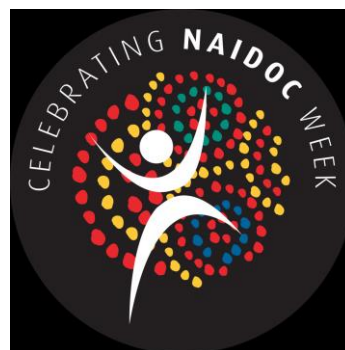
Centre Hats and T-Shirts

If you would like to order a hat or t-shirt with our Centre logo, there are many different colours to choose from! Please head to this link:

[C.a.F.E. Enfield Children's Centre – EduThreads](#)

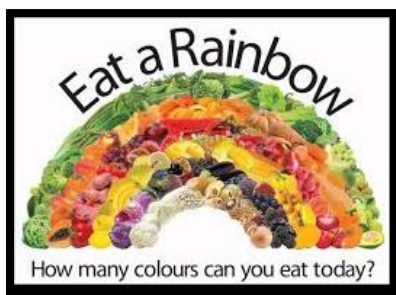


Pyjama Day will be held on three dates this year to ensure that no one misses out! Wear your pj’s and/or dressing gown on **Tuesday the 2nd, Wednesday the 3rd and Friday the 5th of July**. Please bring a gold coin donation, which will go towards children in foster care.



7-14th of July

National NAIDOC Week is held across Australia in the first week of July each year. These celebrations recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The week is an opportunity for all Australians to learn about the cultures of the First Nations people and join together in celebrating one of the oldest, continuous living cultures on earth.



By Lisa and Emma



From Week 3-6 this term, the children have been 'eating a rainbow'. They have experienced a wide range of fruits and vegetables in various forms so that different textures and tastes could be experienced. We offered a range of fresh, dried, tinned and cooked fruits and vegetables over the four weeks. Each room had posters showing examples of the many fruits and vegetables available. Some examples of the food we had on offer were:

Red/Purple – raisins, grapes, capsicum, beetroot, watermelon, cherries, plums, tomato and strawberries

Yellow/Orange – banana, pineapple, lemons, corn, oranges, rockmelon, mandarins, peaches, carrots, sweet potato and pumpkin

Green – limes, honeydew melon, kiwi, grapes, pears, cabbage, beans, peas, spinach, celery, broccolini, brussel sprouts, zucchini and avocado

Brown/White – mushrooms, parsnip, potato, dates, raisins, cauliflower and garlic



The children (and staff) were brave explorers with their tasting, and it was a wonderful opportunity for much discussion about food!



The educators in the Yitpi Tarnanthi Room weren't so keen on the limes!

OUTDOORS IN ALL WEATHER

Did you know that the Kaurna word for the winter is *Kudlila*? *Winter is when the cold weather (Manya) comes and the earth is washed (Kudlinthi)*. It is a time that we continue to play outside, even in the rain. Later in this newsletter you can read about the benefits of playing outside during winter.

Please pack warm clothes, a rain coat and some gum boots for your child each day (we have some spares at the Centre too).

If your child has grown out of their winter coat from last year and you need a new one then use our **“Coat Swap”**, near the front entrance to the Centre. Just bring in your old coats and swap it for one that is the right size.

Exposure to cold weather does not induce a cold or make the symptoms of a cold worse. (*adapted from Nature Play SA- Learning Outdoors risks/benefits*)

There is a myth that many adults believe, that staying inside during cold, wet weather will protect children from coughs and colds. There is considerable research from immunologists and other health professionals, including Professor Raina MacIntyre (Professor of Infectious Diseases and Epidemiology, University of NSW) that this is simply not true.

Colds are caused by viruses which are often transmitted in cold weather because we tend to huddle together indoors. Being outside in the fresh air is the best way to minimise colds and viral diseases spreading.

Benefits of playing outside during the winter:

- Prevents the spread of illness by having exposure to fresh air
- Children learn about seasonal changes and weather patterns in a real way.
- Enables children to experience changing weather and recognise signs in nature about changing weather (Eg birds flying back to their tree before rain; clouds building up before a storm).

Being outside in the rain (or after rain), presents a variety of new challenges for children to overcome, both physically and cognitively which supports problem-solving, and co-ordination as they navigate new ways to do things. Rocks become slippery, walking in muddy ground requires a greater level of muscle co-ordination, and tree branches and logs are more difficult to manipulate when they are wet.

Remember “There is no such thing as bad weather only bad clothing!”

