



Naa Marni everyone

Apologies for the lateness of this newsletter- it has been a busy period for us. We hope that all of you are well and all of the Winter illnesses have disappeared. Thank you for your support in keeping your child at home when they are unwell so that we can minimise the spread as much as possible.

In this newsletter we would like to share some staffing updates, an article about how we support healthy eating at our Centre, information about some of the things that we have been doing to ensure the ongoing safety & wellbeing of children, and a goodbye poem that we received from Alexandria and her Mum (Justine) when they left the Centre to start school last term. Alexandria is very excited that this poem is in our newsletter as it means she is now a "published author" and we are grateful that she is allowing us to share it with everyone.

We would like to thank the Lee family for their help at our recent Working Bee planting all our new plants, and to the educators who did lots of work in the garden & other areas of the Centre. By volunteering their time they not only help keep our play spaces beautiful but they also help keep fees down

Ngaitalya (our respect)

Important Dates

25 Sept	Last Day Term 3
3 Oct	Dad's Playgroup 9:30-11
5 October	Centre closed-Public Holiday
12 Oct	Term 4 begins
	Fee increase for child care
21 Oct	Management Committee 6-8
24 Oct-1 Nov	Children's Week
7 Nov	Dad's Playgroup 9:30-11

We sent all families an email on 24/9/26 to advise that the Management Committee have approved an increase to child care fees starting from 12th October 2026. As a not-for profit Centre this is to cover increases in costs.



CHRISTMAS CLOSURE DATES

The Centre will close at:

6pm Tuesday 22/12/26

And reopen at:

7am Wednesday 6/1/27.

POLICIES CURRENTLY UNDER REVIEW:

- [Administration of First Aid Policy](#)
- [Incident, injury, trauma and illness policy](#)
- [Clothing policy](#)

If you would like to contribute to the review of these policies, they are available to read on our [website](#) or you can request a copy from the office.

Email responses and any feedback to Lee.jones410@schools.sa.edu.au



Lost Property

We currently have a LOT of lost property. Please check the baskets at the front entrance.

Please write your child's name inside all of their clothing (even socks) so that it doesn't become lost property.



Sun Protection

This time of year the weather can be very changeable- with a wide range of temperatures. We can have wind, rain and sunshine. We know it can be a challenge to know how to dress your child and what to pack.

Dressing children in several light layers of clothing means that they can remove or add layers to help regulate their body temperature.

Children need to wear sunhats

Please put a sunhat in your child's bag each day, or leave one for them at the Centre.

Sun hats are required every day from August to May in order to protect our skin from the harmful effects of the sun. Even on the cold cloudy days in September, the UV (Ultra violet) levels are high.

We also put sunscreen on the children whenever the UV index is 3 or above and we reapply every 2 hours.

For more information please refer to the [Sun Protection Policy](#) on our website

Staff update

There has been a lot happening for our team including new career opportunities, new team members, and several weddings! As a Centre we always aim to support our educators with building their knowledge, skills, and leadership and sometimes this also means saying goodbye when they take new career opportunities.

Yitpi Tarnanthi Room

We said goodbye to Emma a few weeks ago as she won a position as a Team Leader in a baby room at another centre. Emma started with us as a University student on placement at the start of 2024 and joined our team of educators as soon as he finished placement. She has spent the past 2 years in the Yitpi Tarnanthi room as she completed her studies and has developed into an excellent educator. We wish every success in her new position.

Komal will now be full time in the YT room after being a valued member of our relief team (& another former student) for the past few years. We are looking forward to now being able to support her further in her career also.

Karra Room

Dan has now been with us for over a month in the Karr Room and he is settling in really well, developing excellent relationships with the children and the rest of the team.

Kangkulya Room

There have been a lot of significant life changes for the educators with Leah, Hang and Elli all getting married, and Zarah expecting another baby and we are so delighted for all of them! We are managing the necessary staff changes this has brought about the best we can to ensure consistency for the children.

Allied Health

We welcome Donna Newton (Speech Pathologist) in Term 4 to replace Tricia who is currently working on a project for SA Health.

Healthy Eating at C.a.F.E. Enfield Children's Centre

All children are supported to develop healthy eating patterns that support their health and wellbeing now and later in life. Over the course of a day at the Centre we aim to meet 50% of children's daily nutrition requirements- and this does not include breakfast or late snack. Across the Centre we run the "Eat a Rainbow" Program and each room has an in depth focus for a term on healthy eating.

Our cook, plans a 5-week menu that is healthy, varied and inclusive. We aim to support children's home cultures by providing some food that is familiar while also introducing new foods and flavours to children. We aim to be as inclusive as possible so A couple of meals per week are vegetarian, all of the meat is from a certified Halal butcher and special diets related to health needs are also catered for. Weekly



Menus are displayed in the rooms, and we encourage you to look at them and talk with Lisa if you have any questions or suggestions.



Mealtimes themselves and the ways in which adults eat with and talk with children also support healthy eating habits. The educators eat the same food as the children and act as positive role models. They encourage children to try new foods and talk about the flavours and benefits of foods.

These are highly social times which give children opportunities to have conversations with one another, to serve their own food and pour their own drinks, to set the tables and to clean up afterwards. We refer to this as a sense of *agency*.

Nothing goes to waste. Our food scraps are composted, used to feed our guinea pigs and to feed the worms in our worm farm. The compost and worm wee are then used in our gardens to grow plants and vegetables which are used in other learning experiences.

A copy of our Healthy Food & Nutrition policy is on our website if you would like to find out more.

Healthy eating and physical activity contribute to children's ability to socialise, concentrate, cooperate and learn. Learning about healthy lifestyles, including nutrition and physical fitness, is integral to wellbeing and self-confidence (*Early Years Learning Framework*),

My Journey at C.a.F.E. Enfield

Co-written by Alexandria & Justine

At C.a.F.E Enfield every day
We sing, we dance, we laugh, we play

When I arrive at morning time
I feel a special, welcome vibe

I say goodbye to Mum with a funny face
And go find Florence in a special place
She might be setting up a game
No two days are ever the same.

Inside Anila makes a craft
I make mine look like a giraffe.
Elli says "It's group time now"
We sing songs, with our pals.

Then Lisa or Amy bring a snack
I eat some, but take lots back.

Yifan says "it's playtime outside"
We run, we climb, we seek, we hide.

I'm in Karra, it's the end of the day,
We sing, we dance, we laugh we play.
More fun everyday!

Bijal, Deb and Hetty are reading a book
I head over to take a look.
And then say "No, I'll read it myself"
And choose my own book from the shelf.

It's pick-up time, my Dad's arrived.
I run over to be at his side.
Dad or I collect my bag,
What an awesome day I've had!

Thank you Yitpi, Karra & Kindy and **all of the staff**,
This journey has been an absolute blast!

NAPCAN Week- 6-12 September

NAPCAN stands for the National Association for Prevention of Child Abuse and Neglect. NAPCAN is an organisation which focuses on the prevention of child abuse and neglect **before** it happens.

This year's theme is **"Every Conversation Matters: Shifting conversation to Action"**

A lot has been happening with in early childhood over the last 12 months or so to strengthen our approaches and knowledge around child safety, protection and wellbeing. New laws and regulations have been introduced which prioritise child safety, protection and wellbeing as the **paramount consideration** in all decisions and practices at every level of our service. This includes things such as staffing decisions, financial and governance decisions, policies, procedures, our environments and of course our daily practices with children.

This year our educators have completed the new National Child Safety Training (Foundations) which is approximately 5 hours of training which builds on our existing Child Protection Training. Currently the team are progressing through the Advanced Child Safety Training which is another 5 hours.

We have also undertaken Professional learning (online and face-to-face) in **Trauma Informed Practices**. This learning supports a lot of our current practices and approaches previous learning and helps us to reflect on what we are currently doing and where we can improve. Some key things that always guide our relationships with children include recognising that:

Children learn 'I am safe' through thousands of micro-moments with educators; greetings, comforting, humour, shared play, and consistent responses. Strong partnerships with families also help children feel valued and connected.

Young children cannot regulate alone. Calm adults, predictable routines, sensory experiences, rhythm, movement, and play-based learning support children's nervous systems and help them manage change.

Predictability, warm tone, gentle pacing, and attuned relationships help children feel safe.

We have daily conversations with children about keeping ourselves and others safe – physically safe and emotionally safe and these conversations are important. When they become a normal part of every day life they encourage our children to talk to us, to ask questions, to recognise when something doesn't feel right and to share what might be bothering them.

Please continue to have conversations with your child and with your child's educators so that we can all support children to be safe.