

# The Bimbi Bulletin

## February 2019

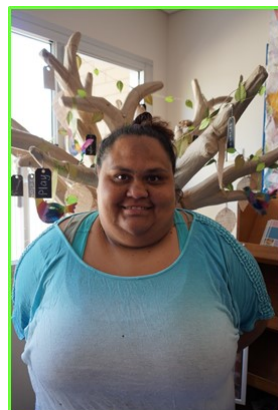
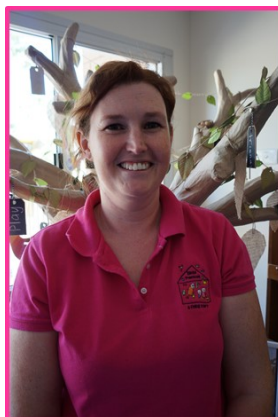


**Welcome** to all our children and families. We have been enjoying getting to know you and welcoming you into our lovely preschool which we are so proud of. I have been amazed at how well the children have settled into their new learning environment and are all so calm and happy to come to preschool. Please don't hesitate to ask Jess, Maddie or I any question or query, no matter how small, we are happy to help and want you to feel comfortable at Bimbi.

Kind Regards

Tiffany

**Sara**, will be the teacher working directly with the children on Wednesdays when I am in the office. Sara has been enjoying meeting the children and families and implementing some Relax Kids techniques into the preschool.



## Our Staff

Tiffany—Preschool Teacher

Jess—Student Learning Support Officer

Maddie—Community Engagement Officer

Sara—Release teacher

## Bimbi Daily Routine

9.00am	Arrival Learning through play Fruit Break
11.00am	Pack away Community meeting
11.20am	Group time Literacy & Numeracy
11.40am	Hand washing
11.50am	Lunch
12.30pm	Learning through play
1.45pm	Pack away Hand washing
2.00pm	Group time Music & movement
2.30pm	Afternoon tea Prepare for home
3.00pm	Preschool closed

All children need to be picked up by 3.00pm as preschool is then closed.

## A Quick Bite ...

### What is "Sometimes"?

Occasional Foods, commonly called "sometimes" foods, provide little to no nutritional value and are not needed as part of a healthy diet.

The Australian Guide to Healthy Eating says to eat these foods only sometimes and in small amounts but what does this mean?

It is different for everyone but to stay healthy these foods should be limited as much as possible.

Save them only for special occasions and don't make them part of your day to day meals or snacks.

For under 2s occasional foods should be "never" foods. Allow them to experience a full range of everyday foods before they start to taste occasional foods, and they'll be on their way to enjoying the best food for good health.



Australian Government Department of Health  
www.nationalhealthandnutrition.com.au  
dietary food and drink choices

For more information visit

[www.mlhd.health.nsw.gov.au/services/health-promotion-1](http://www.mlhd.health.nsw.gov.au/services/health-promotion-1)

Live Life Well  
@ School



Health  
Murrumbidgee  
Local Health District



We are so pleased to tell you that all of the children have loved their Fruit Break in the mornings. Cutting up and sharing our fruit has been a great time to all sit together and develop social skills. It also gives us a great opportunity to talk about healthy eating with the children. Don't forget to **BRING A PIECE OF FRUIT** and place it in the fruit bowl on the kitchen bench.



## Healthy Eating at Bimbi

Lots of parents have asked for lunch box ideas I suggest keeping it simple, for example:

- \* Sandwich
- \* Yoghurt or cheese
- \* Piece of fruit or vegetable
- \* Rice crackers
- \* WATER (no juice or cordial)

This makes the task much easier for you and also for the children to manage by themselves.

## Kinderloop

Our daily communication with you is through the Kinderloop app. Each day we upload photos and information about what the children have experienced that day. It is a free download to your smart device and it is a closed group, so only people who are invited to join can access your class page.

Please speak to Maddie to give her your email address so she can send you an invitation to join.



kinderloop

## Poem of the Week

Each week we have been learning a new poem. The children have been very engaged in the learning experiences around each week's poem. Copies of the poem are available at the sign on desk and it is also posted to Kinderloop. We encourage you to read it each week with your child a number of times. I'm sure they would love to share with you what they have been doing at preschool.

