Thank you to those people who attended the Annual General Meeting on Monday evening.

The following people were elected to the Governing Council:

- Aduk Chol
- Bec Rachou
- Cathy Roberts
- Evelyn Kontos
- Kate Fraser
- Sam Arnold
- Sharee Hassfurter
- Amanda Burnett
- Beth Restall
- Emma Uwayizye
- Janie Taylor
- Liz Purnell
- Shanelle D’Agostini
- Tegan Passaniti

These Parents have generously offered their time to work for the benefit of the children and the preschool. However, don’t forget that everyone’s support is necessary to ensure a successful year. Remember the children will be the beneficiaries.

Copies of the Annual reports are on the bench by the kitchen.

Your help at preschool is always appreciated. Volunteers (including Governing Council members) are a very important part of our preschool. The Department of Education and Child Development requires that all volunteers or people who would like to volunteer must complete Reporting abuse and neglect training. We are in the process of arranging for Jenice from the South Australian Association of School Parents Clubs to present this training at the preschool in a few weeks time. Please let us know if you are interested in attending.

Don’t forget to place your order by 18th March!

Remember funds raised will go towards replacing the slide landing pad.

We need a minimum of $200 worth of orders to receive 50% profit for our fundraising.

Please remember to separate your child’s lunch from their snacks. Some children are finding it very confusing when their snack is in the same container as their lunch.
Can you help?
Does anyone have a contact in a floor covering store? We would like some carpet sample squares to use as mats.
We also need some bigger size boy’s clothes (tops –long and short sleeve, shorts and track pants) and average size girl’s short sleeve tops for our spare clothes basket.

Thank you: to the Pooraka Men’s Shed for making a new woodwork bench for the preschool and with no cost involved.

FREE seminar – Toddlers and touch screens: what should I do?
Touchscreens have become part of our everyday world. Parents are amazed at how quickly toddlers become adept in using them and how easily they hold a child’s attention. However, they are also unsure if it is safe for toddlers to use touchscreens regularly.

Come and hear nationally recognised parenting speaker, author and researcher Dr Justin Coulson talk about:

- the pros and cons of the digital age for children 0 to 5 years
- how and when to introduce touchscreens and games
- how to manage electronic media use.

The event will be webcast to accommodate parents and carers who cannot attend in person.

Date and time: Tuesday 5 April, 7.00 to 9.00pm
Venue: City Rooms, Adelaide Convention Centre, North Terrace

Register online at http://parentingsa.eventbrite.com.au to attend, or to view the webcast.

For more information, visit http://www.decd.sa.gov.au/parentingsa/seminars.htm or phone Parenting SA on 8303 1660

HAVE YOU PAID YOUR FEES FOR THIS TERM?
Your fees are essential for the preschool to meet running costs (eg water rates, electricity, cleaning) and ensure the children have adequate supplies of materials and resources (paints, paper, etc). For example, our electricity bill is over $4000 a year!!!!

At kindergarten:
We have been observing the growth and development of some Monarch caterpillars. They are growing quickly. We have also been reading stories about caterpillars and butterflies, as well as discussing their life cycle. These experiences support the children’s learning in relation to the learning outcomes -

- Children are connected with and contribute to their world
- Children are confident and involved learners
- Children are effective communicators

As part of our numeracy learning we have also been sorting and classifying by various attributes - pebbles by colour, plastic bugs by wings /no wings or number of legs. Sorting and classifying involves many learning processes including noticing, comparing, communicating, reasoning and generalizing.

We are also talking about healthy food with the children. Healthy foods are those that we can eat everyday. Less healthy foods eg those with sugar such as museli bars, biscuits, lollies etc are ‘sometimes foods’.
Some tips from 2 well known SA authors of children's books to support your child's oral language and literacy development

MEM FOX
1. DON'T be too tidy! It's best to have a variety of books all over the place so we can seize the moment to read to our babies/toddlers/children whenever they're light on a particular book.

2. BOOKS for babies and toddlers should be very short, and as rhythmic and repetitive as possible. Ask friends and librarians which books little kids love, because babies are able to fall in love with books at a very early age - they can be riveted by picture books at two months.

3. EVERYONE rabbits on about boys and reading as if there were something wrong with boys. It's nonsense. So long as we read really fabulous books to boys (and girls) long before they can get away from us - before they crawl - we'll hook them early, and forever, and they will love books as a much as any girl.

4. AS soon as boys show an interest in a particular topic such as bugs, dinosaurs, trucks, Port Adelaide footy club, dolphins or whatever, we need to build on that interest and make sure there are books or magazines in the house relating to the topic. We mustn't get purselipped or despairing if 3-4 year old boys move away from story books and more towards fact books: neither of these is superior to the other.

5. WHEN children are read to daily for roughly 10 minutes they learn to read faster, more easily and more happily. They leap into literacy in their first year at school because they're so familiar with books and print, pictures and words, and the world and how it works. Amazingly, it's more important for children to be talking well fluently, and with a wide vocabulary, prior to school, than it is for them to be able to recognise the relationship between letters and sounds. Constant reading and chatting about the same books develops language in such an astonishing way that 3 and 4 year olds will have adults in fits over the things they say.

ANDY GRIFFITHS
1. EXPOSE your child/children to a wide range of books in order to find out what sort they like. Make it a habit to visit bookshops, libraries, op shops and second hand bookstalls at school fetes. Buy lots and leave them around the house. You never know when you might stumble across that particular book that your child won't be able to put down.

2. DON'T be overly judgmental or too concerned if the books that your child chooses are not the sort of books you think they should be reading. Anything that excites and interests them will help to persuade them that the world of reading is a cool place to hang out.

3. SPEND some time finding books that you can share and enjoy as a family. Make it a point to read a chapter or two aloud each night. Audio books are another great way of turning books into a shared experience.

4. HELP your child to find a balance between screen and page time. Make screen time contingent on having completed a mutually agreed amount of page time if necessary. Movies and television can be great imagination-enchancers, but if children don’t get regular reading practice each day they won’t have the skills to be able to get the most out of more complex texts as they grow older.

5. BE a good role model. Put your own screens down and make sure your children see you reading and enjoying books. It doesn’t matter what the books are … your example will send a very powerful message that books are a natural and enjoyable part of life.

The amount of sugar in common food items

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Teaspoons of Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lollies, each one</td>
<td>1 teaspoons</td>
</tr>
<tr>
<td>Cake, one slice</td>
<td>4 teaspoons</td>
</tr>
<tr>
<td>Sweet biscuits</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Jelly, one serve</td>
<td>4 teaspoons</td>
</tr>
<tr>
<td>Chocolate, two squares</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Jam, one teaspoon</td>
<td>1½ teaspoons</td>
</tr>
<tr>
<td>Fruit juice drink, one glass</td>
<td>3 teaspoons</td>
</tr>
<tr>
<td>Soft drink, one can</td>
<td>12 teaspoons</td>
</tr>
<tr>
<td>Cordial, one glass</td>
<td>5 teaspoons</td>
</tr>
<tr>
<td>Ice cream, one scoop</td>
<td>1½ teaspoons</td>
</tr>
<tr>
<td>Ice blocks, one</td>
<td>5 teaspoons</td>
</tr>
</tbody>
</table>

*1 teaspoon equals 5 grams of sugar