

## Dear families,

Spring is here! The weather is warming up now. Please remember to bring hats for the children for their outdoor play.

This month sees the return of Chocolate Fundraising. Fundraising goes towards inservices at our centre, like Jeannette Briggs Dance Day or Kapakapa Wanawa Cultural Day. It would be great if every family could sell at least one box. You are welcome to sell as many boxes as you can, however they will be given out one at a time (2<sup>nd</sup> box can be taken after 1<sup>st</sup> box is paid). So, get your name marked off and grab a box!

Have a fun- filled and special month.

Kind regards, Miss Andrea



## Events...

Sun 2<sup>nd</sup> – Father's Day

Fri 7<sup>th</sup> – Father's Day breakfast 7:30am-8:30am

Mon 10<sup>th</sup> – Chocolate Fundraising

Fri 14<sup>th</sup> – School Photos 10am

Thu 27<sup>th</sup> – Dental incursion (re-scheduled) 10:45am

## Fun Animal Facts:

Cats 'headbutt' people because they make them feel safe or they trust them.

Puppies have 28 teeth but adult dogs have 42

Gray squirrel bury nuts all over the place, and often forget them, growing new trees. This makes them more ecologically friendly the red squirrels, who tore nuts in piles on the ground which don't take root.

## HAPPY BIRTHDAY

Sophie 6/9 (5 years)

Patrick 16/9 (5 years)



Birthday photo chart celebrations are displayed behind our front door.

Outcome 2.1 children develop a sense of belonging to groups and communities

## Sleep Practises For Under 6

Sleep is important for good health as it helps with restoring physical and mental health. It refreshes the mind and repairs the body. Lack of sleep can cause fatigue, poor concentration and memory, mood issues, impaired judgement and reaction time and poor physical coordination.

Children need good sleep and sleeping habits for their health, learning and wellbeing.

According to Raising Children, most preschoolers need 11-13 hours of sleep a night and some still nap during the day. Preschoolers sometimes have sleep problems like nightmares and night terrors or getting out of bed. A consistent bedtime routine is the best way to handle many of these issues.

Some tips to help your children sleep better:

1. Set up a bedtime routine
2. Relax before bedtime
3. Keep regular wake and sleep times
4. Make sure your child feels safe at night
5. Check noise and light in your child's bedroom
6. Avoid checking the clock by your child
7. Eat the right amount of food at the right time
8. Get plenty of natural light during the day
9. Avoid caffeine (chocolate and cola) at night

For more info: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

Attachment : Safe Sleeping  
Cot to Bed



The Aboriginal flag was created in the 1970s during the land rights movement. The colours have special meanings. The black represents the Aboriginal people of Australia. The red represents the red earth and the spiritual relationship to the land. The yellow represents the sun the giver of life and protector.



The Torres Strait Islander flag was designed by a young Thursday Island School student. It is a symbol of unity and identity. The green represents the land, the blue represents the sea, the white represents peace, and the black represents the Torres Strait islander people. The head dress represents the five major Island groups.

