

BETHANY ELC NEWSLETTER



24TH OF MARCH 2022
TERM 1 WEEK 7



Welcome to our Term 1, Week 7 Newsletter.

We love celebrating the diverse identities and cultures of the families and children in our ELC community! As part of our Identity Project we have been exploring Vietnamese and Indian cultures.

In week 5 and 6, we explored Vietnamese food in our play restaurant, and created Cold Rolls with Mrs Nguyen. We also practiced saying hello to each other in Vietnamese: *xin chào*.

In week 7 and 8, we have been exploring Indian food through sensory play with rice, lentils and spices – which has made the whole place smell delicious! We have also been using spices in the Indian restaurant and making mango lassi together. We will practice saying hello to each other in Punjabi: *Sat Sri Akaal*.

Throughout our Identity Project, we will continue to explore the cultures represented in our ELC community. We really appreciate you for sharing aspects of your culture with us, as we learn about and from each other.

We would also like to remind you to fill out the surveys and forms, so we can continue to partner together over the year.

Blessings,
Emily Dodds - ELC Teacher

OUR LEARNING



In our Identity Project this week, we will be exploring Indian food and culture!

Can you tell someone in your family one thing you have learnt about India this week?

We are making family collages and drawings this week!

Who is going to be in your collage or drawing?



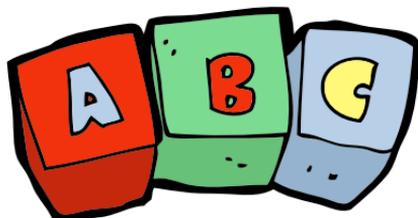
We have started our transportation project! From planes to trucks to cars to trains...

What is your favourite type of transport?



OUR LEARNING

This week we are practicing blending two syllables to make a word!
Can you practice making a word with two syllables?

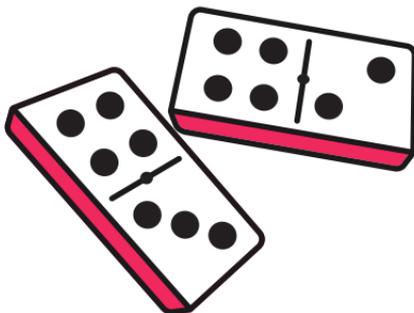


Meet Huggtopus! This week Huggtopus will teach us about silly, frustrated and excited feelings.

Can you tell someone in your family what Huggtopus taught you this week?

We are continuing to learn about numbers through our play!

Where can you find numbers in your toys at home?



OTHER INFORMATION

Meal Times:

As an ELC team, we are learning how to best support your child in every area, including their meal times with us. Our school is following the Division of Responsibility in feeding at school mealtimes. This is an evidence-based approach to help your children to maintain a lifelong skill of listening to their hunger and fullness cues, and develop a positive relationship with all foods.

In this approach, during school hours:

- Parents and caregivers are responsible for **what** food is provided to eat at school
- Teachers & schools are responsible for **when and where** food is eaten, plus the emotional environment around food
- Children are responsible for **whether and how much** they are going to eat

Please provide a lunchbox containing a range of core foods including grains, fruit, vegetables, dairy and other protein foods (like meat, fish, eggs, beans, tofu, and seeds). We will create a safe and empowering eating environment, and support your child to eat as much as they need to feel full, choosing freely from the foods you have provided. Teachers will not pressure children to eat, nor will they restrict or encourage particular foods.

We have attached more information from Pediatric Dietitian Dr Kyla with this newsletter. You can also find more at her website: www.mealtimes.com.au

Important Dates in Term 1:

Pupil Free Day	Mon 11/4
End of Term 1	Thurs 14/4
Easter	Fri 15/4 - Mon 18/4
School Holidays	Tues 19/4 - Fri 29/4
Term 2 Begins	Tues 3/5

