We are half way through our unit on healthy habits. The week has been all about “Keeping Sun Safe”. We have been learning to find that balance between healthy doses of sun for our vitamin D and keeping ourselves protected from too much sun. The children have learnt that too much sun can burn your skin and harm your eyes. We have been checking to see if the UV index is above 3 on our preschool iPad’s Sun Smart app before we head outside. If the UV is above 3, we now know that we need to Slip on sun-protective clothing, Slop on SPF30+ sunscreen, Slap on a hat, Seek shade and Slide on sunglasses.

Healthy Habits – Sun Safe

To practice this we have had sun protection relays where the children raced each other to see who could dress sun safe first. We watched a movie about how to get sun smart. We looked at some pictures of what sunburnt skin looks like and then discussed how it might feel. We also have practiced step by step the process of applying our own sun cream. You can support this at home by adopting sun protection behaviours so your children do the same. The children have also been learning to apply their own sunscreen so each morning can you please support them in this process as they use the mirror and supplied sunscreen before going outside to play.

Our new order of Bugdlie T-Shirts are in!
Bugdlie T-shirts $15 a shirt
Also check out our Jumpers $20 each Jumper

Special Events

• Harmony Day 21st March. We will celebrate Tuesday 18th and Friday 21st March. We will have a combined lunch and ask all families to bring a plate of food to share from a culture meaningful to them.

Shannon, from Maari Ma, continued her nutrition program with the students. This week we explored lemons and Limes and then used them to create prints with paint. They smelt delicious!

To Do

• Please bring a tooth brush for your child to use this year
• Please fill in the “My Family” survey with your child and bring in a photo of your family for our wall.
• Please bring in a donation for our cooking fund. Whether that be some core ingredients, a donation of money or ingredients for a recipe that you have enjoyed cooking at home. Any donation would greatly be appreciated. With Easter rapidly approaching Gemma will be looking out for exciting Easter themed recipes to cook with the children.
• Don’t forget to fill in the OT form. Mary Anne will start the observations on Session 1 Monday. She will work with session 2 next term.
• Any donations of pots and seeds would greatly be appreciated.

Healthy Lunch Box of the Week

Preschool Opening Hours
8.45am - 2.45pm at Bugdlie
End of session 1 at Alma: 11.45
Start Session 2 at Alma: 12.15

Just a reminder that we are a Nut Free Zone