



*Gum Nut Preschool*  
and Child Care

Monthly news sheet - March



We respectfully acknowledge the Traditional Owners of the land where we learn and play, the Wurundjeri people of the Kulin Nation. We pay respect to their Elders past, present and emerging.

## CENTRE CALENDER

### March

	Australian Women's History Month
<b>1st</b>	World Compliment Day
<b>4th-8th</b>	National Sea Week
<b>3rd</b>	World Wildlife Day
<b>7th</b>	School's Clean-up Day
<b>8th</b>	International Women's Day
<b>11th</b>	Labour Day - Public Holiday (Centre closed)
<b>18th - 24th</b>	Harmony Week
<b>20th</b>	National Day of Action against Bullying & Violence
<b>25th - 29th</b>	Cultural Diversity Week
<b>21st</b>	Harmony Day
<b>29th</b>	Good Friday - Public Holiday (Centre closed)
<b>31st</b>	Easter



### April

<b>1st</b>	Easter Monday - Public Holiday (Centre closed)
<b>2nd</b>	International Childrens Book Day
<b>4th</b>	World Sray Animal Day
<b>6th-16th</b>	Nature Play Week
<b>7th</b>	World Health Day
<b>18th</b>	World Heritage Day
<b>21st</b>	World Creativity & Innovation Day
<b>22nd</b>	World Earth Day
<b>25th</b>	ANZAC Day - Public Holiday (Centre closed)
<b>28th</b>	Pay It Foward Day
<b>29th</b>	International Dance Day



Centre opening hours.

7:30 AM - 6:00 PM



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[gumnutpreschool.com.au](http://gumnutpreschool.com.au)

# WHATS HAPPENING AROUND THE CENTRE

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## EASTER BONNET PARADE THURSDAY 28TH MARCH AT 3:30PM



Join us in the large garden for a delightful Easter Bonnet parade!

Children from every room will be making their bonnets and participating in the parade.

It's a wonderful opportunity for families to come together, have fun, and create lasting memories. We can't wait to see you there!

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### Possum & Wombats



The Possum & Wombat children have settled in and have been learning lots about sea life for Sea Week through sensory play, art and songs.

Song  
1,2,3,4,5, once I caught a fish alive.

Book  
What can you see under the sea

## KOALA ROOM

With a big focus on emotions this term, children are enjoying;

Book - When I'm Feeling Kind by Trace Moroney

Song - My Happy Song by Super simple songs

Mindfulness Yoga - [Butterfly Yoga](#)



## MAGPIE ROOM

Magpies have kicked off phase 1 of their offsite program with a visit from local crossing supervisor Jules. Additionally, they have started preparing for excursions and practicing walking around the center.

They have also been learning songs from different cultures (links below).

[If You're Happy and You Know It \(Filipino\)](#)

[Go To Learn \(Indonesia\)](#)



## KINDER ROOM

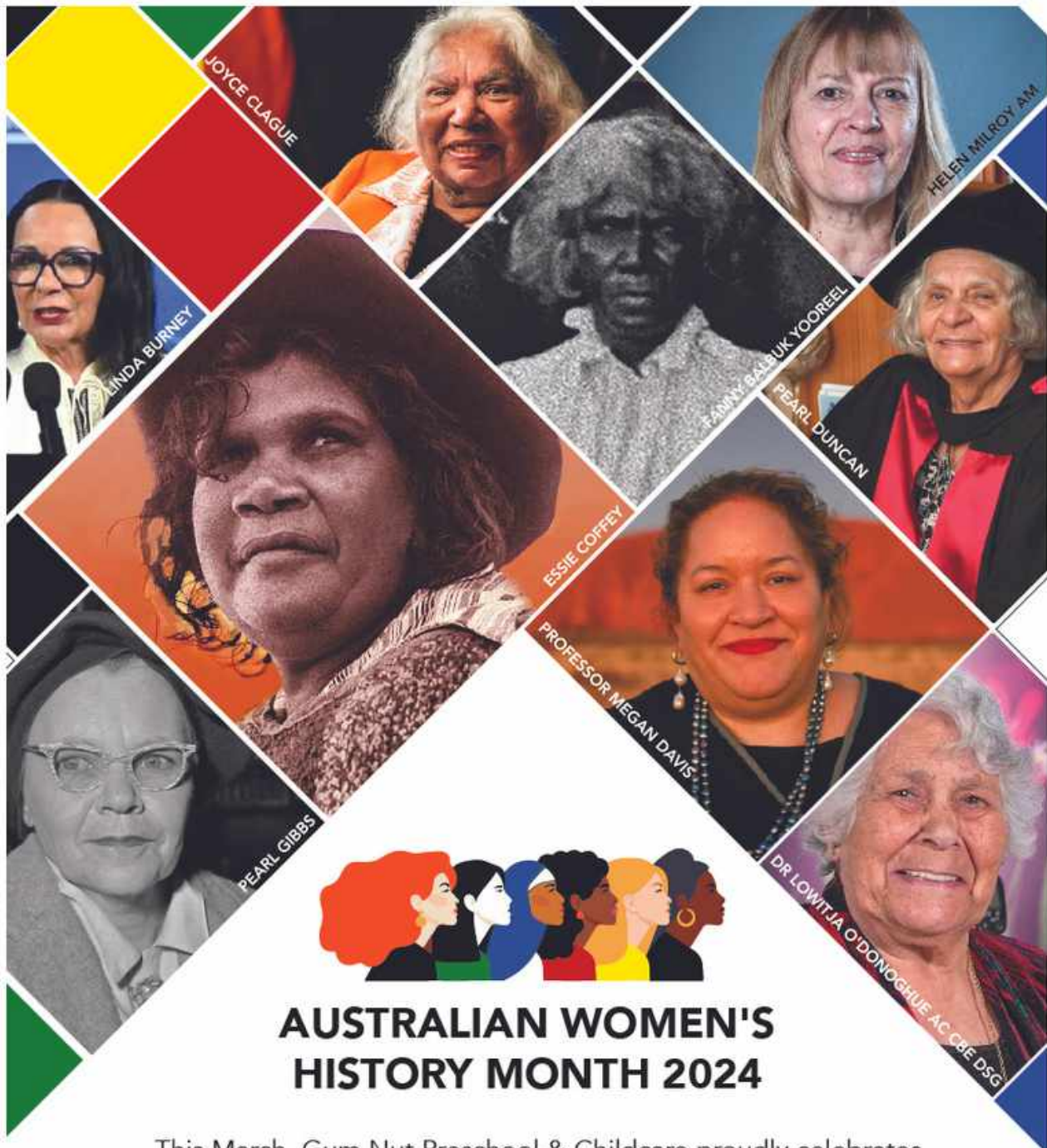
Kinders have commenced Explore & Learn with their first visits to Alphington Park.

They enjoyed the visit from a local crossing supervisor Jules where they learnt about road safety.

The Kinders also had Pam and her labrador Zaria visit from Responsible Pet Education Program, to teach them how to care for and be safe around dogs.

(Please don't forget to bring your child in with appropriate footwear.)





## AUSTRALIAN WOMEN'S HISTORY MONTH 2024

This March, Gum Nut Preschool & Childcare proudly celebrates Australian Women's History Month!

We're fundraising for The National Aboriginal and Torres Strait Islander Women's Alliance (NATSIWA) this year.

NATSIWA's mission is to empower Aboriginal and Torres Strait Islander Women to have a strong and effective voice in the domestic and international policy advocacy process.

There will be a donation point near the office if you would like to donate.

Alternatively, you can donate via the link below:

<https://natsiwa.org.au/donations>



# Body Blocks

By Embrace.Kids



## A guide for parents

Our educators have been learning more about positive ways to build children's relationships with food, movement and their bodies. Here are the top 10 things you can do to reinforce this message at home:

- 1. Focus on functionality:** Instead of talking about what people look like, reframe the conversation to focus on what our bodies can do.
- 2. Celebrate differences:** Teach kids to appreciate diversity in appearances and abilities, and emphasise the importance of inner qualities over outer appearances.
- 3. Stay positive:** Avoid making negative comments about your own or others' bodies. Compliment people on attributes that aren't related to their appearance. Make sure that siblings and extended family aren't teasing children about the way they look.
- 4. Find the fun:** Talk about movement in a positive and enjoyable manner. Show your kids how fun moving our bodies can be.
- 5. Avoid diet talk:** Steer away from conversations about diets and restricting food, and the use of exercise as punishment. Instead, role-model how to look after your body by moving it in ways you enjoy and fueling it with nourishing food.
- 6. Refocus the food labels:** Avoid categorising food as 'good' or 'bad' or 'healthy' and 'unhealthy'. Instead, refer to food by its actual name, like apples, pasta, cake and chocolate.
- 7. Create a connection:** Share stories during mealtimes to foster a sense of togetherness.
- 8. Listen to your body:** Teach children to listen to their bodies and understand their hunger and fullness cues.
- 9. Empower choices:** Follow the principle of "I provide, they decide" during mealtimes. You choose what's on the menu, and they choose how much they eat.
- 10. Engage the senses:** Encourage using all senses while eating and discuss what you see, hear, smell, taste and touch.

Remember, fostering a positive attitude towards bodies and food helps create a supportive and confident home environment for your children, building up their body image from the beginning!

For more tips and advice from our experts, join the EK Support Squad at [bodyimageresources.com](https://bodyimageresources.com)

# Family Input



**At Gum Nut we believe in working together and recognise the value of family input. It allows us to foster a sense of belonging for both parents and child. When this collaboration happens, it strengthens the child's identity and enhances their learning.**

**The Early Years Learning Framework (EYLF) states, “Educators’ practices and the relationships they form with children and families have a significant effect on children’s involvements and success in learning. Children thrive when families and educators work together in partnership to support young children’s learning.”**

**All of our programs invite parents to participate; you could share an interest or skill, teach a new song, play an instrument or share a cooking activity.**

## TESTIMONIALS

We have recently updated our website and would love to share your families experiences / time at Gum Nut Preschool and Childcare.

If you would like to contribute, please email your feedback through to our office:  
[office@gumnutpreschool.com.au](mailto:office@gumnutpreschool.com.au)

Thank you in advance.

[www.gumnutpreschool.com.au](http://www.gumnutpreschool.com.au)



# Are you looking for a great Kindergarten program for 2025?



## Benefits of Explore & Learn

Our Explore & Learn program offers many benefits for children. It fosters a deeper connection with nature, encourages physical activity and exploration, promotes problem-solving skills, enhances creativity and imagination, builds resilience and nurtures an appreciation of the environment.

At Explore & Learn the focus is on child-led learning, allowing children to follow their interest, explore the environment, and engage in activities that promote curiosity, creativity and problem-solving, our teachers have the skills to turn every moment into a learning opportunity.

This program was developed in 2017 and plays a significant part of our 4 year old Kinder program.

Explore & Learn takes place in Alphington Wetlands & Park, Darebin parklands and Sparks Reserve.

Gum Nut offers funded 3 and 4 year-old kinder programs!

The first year of kindergarten is a one-year program for 3-year-old children, delivered by a qualified early childhood teacher in the year before they are eligible to attend their second year of kindergarten (4 years old).

To be eligible for the 3 year old kinder program children need to turn 3 by the 30th of April 2025.

If your child is turning 4 by 30th of April 2025 they will be eligible to participate in the Kinder program (year before school).

If you already attend Gum Nut you will be given a first offer for our programs.





## Centre private Facebook groups:

Please join your child's room private Facebook group, this is where educators share information about the program and for you to connect with other families.

Possum Room



Wombat Room



Koala Room




Magpie Room




Kinder Room



Community

*Gum Nut Preschool  
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# FUNDED KINDER 2025

Don't miss this opportunity to learn about our amazing Kinder programs and how we can support your child's early education journey!

### Explore & Learn

**SATURDAY 20TH APRIL**  
**TIME: 9:30am**



Join the Kinder team on an Explore & Learn session at Alphington Wetlands.

Meet at Gum Nut and let the teachers lead the way!

### Information Night

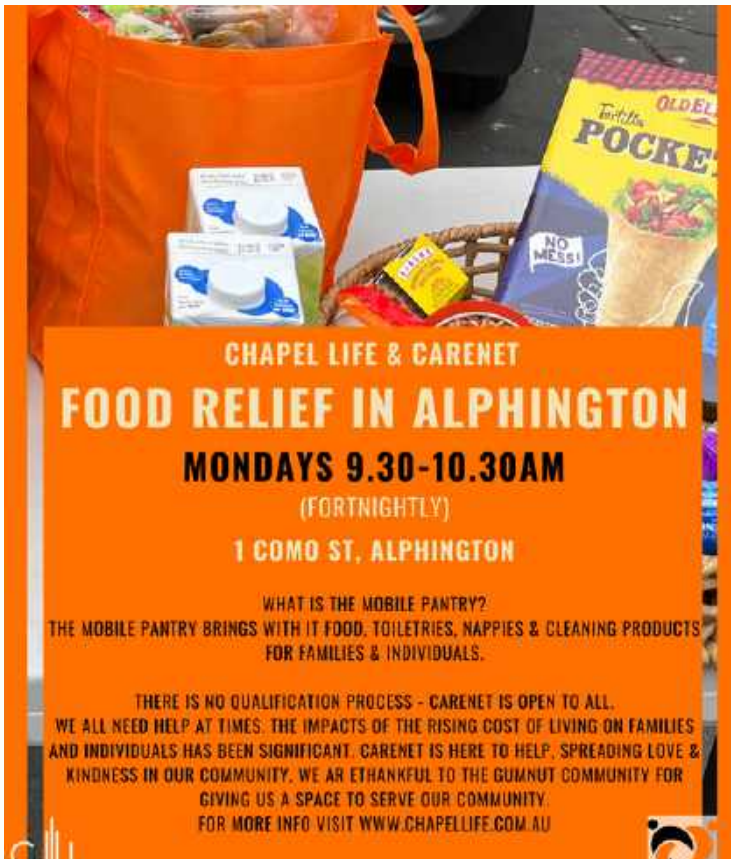
**THURSDAY 24TH APRIL**  
**TIME: 7pm**

Come meet the team and see the Kinder Environment.

1 Como Street, Alphington  
[office@gumnutpreschool.com.au](mailto:office@gumnutpreschool.com.au)   
[www.gumnutpreschool.com.au](http://www.gumnutpreschool.com.au) 



# General housekeeping



## IMPORTANT INFORMATION

Please keep the following information up to date:

- Address, phone number, email.
- Dietary requirements, medication and action plan for your child.
- Immunisation history

## EMAILS

Just a friendly reminder that room emails are used for planning purposes only.

For everything else please email the office directly via [office@gumnutpreschool.com.au](mailto:office@gumnutpreschool.com.au)

## GOOGLE REVIEW

We hope your experience with us has been positive and enriching. Would you mind taking a few moments to share your thoughts on Google?

Your feedback helps us improve and lets others know about the quality of care we provide.

We appreciate your feedback!

[office@gumnutpreschool.com.au](mailto:office@gumnutpreschool.com.au)