**Numdaji Kwei Newsletter**

Term 1 Newsletter

Dear families,

Welcome to another great year at Numdaji Kwei children’s centre. We would like to take this opportunity to welcome all new families to the centre and look forward to you becoming part of our wonderful community.

**Construction Works**

As you are already aware RMIT is building a six story complex.

We would like to remind you that each fortnight RMIT will be sending the centre a work schedule which will be displayed on the foyer window.

As a centre we would like to reassure all parents that your children are always our top priority at all times.

To ensure that the children will not be exposed to the outside noise and dust, for the next four weeks we will be going outside only in the afternoon at 3:30pm when construction has finished for the day.

I you have any questions or concerns please come and see Renae in the office.

**Health Tip**

Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Eat slowly. It takes 20 minutes for your brain to register that you are full.

Cooking with Ana

 Cheese, Potato and Pumpkin Pie

Ingredients: 1kg potatoes

 1 Small Butternut Pumpkin

 500gms grated cheddar cheese

 Pinch salt and pepper

 1 pkt Pampers puff pastry

 Method:

Pre heat oven at 180. Peel pumpkin and potatoes and cut into small cubes. Put potatoes and pumpkin into a pot with water and bring to the boil, when potatoes and pumpkin are soft, strain and mash the mixture add salt and pepper to taste. Place a sheet of the pastry onto a flat surface and scoop the mixture into the middle of the pastry sheet and sprinkle cheese over the mixture and fold both sides in and place on a baking tray to put into the oven until golden brown. When golden brown it’s time to eat. ☺

**Kids matter**

This year the centre will be participating in the Kids Matter program.

Kids matter program is a mental health and wellbeing framework for early childhood education and care service, and is proven to make a positive difference to the lives of Australian children.

We will be placing a flyer into your child’s pocket with some information about the program and how you can be involved. If you have any question please feel free to come and see Renae or Cristy in the office.

**Sun Smart Recognition**

Numdaji Kwei children’s centre have sent off all the supporting documents to show how the centre is meeting the Sun Smart guidelines, Sun Smart have approved these documents and awarded Numdaji Kwei children’s centre with the Sun Smart Early Childhood Program certificate.

**Update on Healthy Together Program**

The centre has now completed the first two stages of the healthy together program and received a grant of $1000 to spend on the centre. With these funds we will be purchasing some new outdoor sport equipment for the children.