Kia ora whanau and welcome to our Term 1 2019 newsletter

Gosh we have had some very warm weather since Christmas and our beautiful tamariki have been enjoying lots of water and ice play with their Educators. Our Educators are very vigilant with sunblock and sunhats remembering to slip, slop and slap before going outside. They are also avoiding the hottest parts of the day to reduce risk.

We trust you have had a great start to a New Year and are ready to challenge new goals, aspirations and New Year resolutions.

We have some wonderful events planned for term 1 below, so please mark your calendar with them now to avoid disappointment.

Jen Hall.

What’s coming up?

**31/1/19** World wetlands day at Matawai Park, King Street Rangiora.

**7/2/19** 10 am to 12 noon Family Tre homebased Waitangi day celebrations at 67 Fuller Street, Kaiapoi

**13/2/19** 9.30 – 11.30 Playgroup at the Kaiapoi Cooperating church, corner of Fuller and Peraki Streets.

**18/2/19** 10 am to 12 noon Chinese New Year celebrations craft morning at 67 Fuller Street, Kaiapoi.

27/2/19 9.30 – 11.30 Playgroup at the Kaiapoi Cooperating church, corner of Fuller and Peraki Streets.

**1/3/19** Children’s day hot chippie picnic lunch at the Groynes.

**6/3/19** 9.30 – 11.30 Maslenitsa Russian celebration day at playgroup, Kaiapoi Cooperating church, corner of Fuller and Peraki Streets.

**12/3/19** 9.30 – 11.30 Nature playgroup at Matawai Park, King Street Rangiora combined with Waka Iti playgroup.

**13/3/19** 9.30 – 11.30 Playgroup at the Kaiapoi Cooperating church, corner of Fuller and Peraki Streets.

**22/3/19** 10am – 11.30 am World water day celebration at Kaiapoi aquatic centre.

**27/3/19** 9.30 – 11.30 Playgroup at the Kaiapoi Cooperating church, corner of Fuller and Peraki Streets.

**4/4/19** 9.30 am – 11.30 am Nature playgroup at Matawai Park, King Street Rangiora.

**10/4/19** 9.30 – 11.30 Playgroup at the Kaiapoi Cooperating church, corner of Fuller and Peraki Streets.

**16/4/19** Easter celebrations – venue to be confirmed.

**24/4/19** Anzac day memorial celebrations – venue to be confirmed.



Since returning this year we have already said happy birthday to Phoebe, Lochlan, Daniel, Finley. Very soon we will be singing happy birthday to Xavier, Mason, Olivia, Louis, Emmerson, Jessica, Aria and Hades before the end of term 1.

Our lovely educator Kathleen will be celebrating her birthday on the 12th of February and rumour has it that it is a milestone one….but you didn’t hear that from me!

**Here is a snap shot of have we been busy learning.**



**Water safety and having fun with friends in the pool.**

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**Being sun smart and working**

**together as a group scooping to collect water.**

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**Exploring our great outdoor attractions and caring for our wildlife.**

**How to control our bodies and build muscle, resilience and have fun!**

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**Colour, co-ordination, persisting, thinking and problem solving with bubbles.**

**Discovering a spider and observing how they spin their magical webs.**

**……and lots more other exciting activities!**



As a dedication to keeping our Family Tree children safe in the sun all of our educators have been gifted a 1 litre pump container of sunscreen. We thoroughly investigated which one was the safest and most effective to use with children prior to purchasing it. If your child has specific needs or allergies please check with your educator that this one is suitable to use on your child.



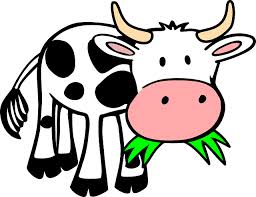
Sun hats are vital at the moment and we recommend ones with a brim and preferably a toggle under chin tie to prevent it being blown away. Please ensure you provide one for your child as we do have a “no hat, no play outdoors” policy for this time of the year.



Are you aware that we sponsor “baby bundles” through the “it takes a village” facebook page. We are proud to provide babies with their very first book after they are born.

**Why are nursery rhymes important?**

Nursery rhymes are a powerful learning resource for children because they introduce them to the idea of storytelling, promote social skills and boost language development. They also lay the foundation for learning to read and spell. ... Good readers have good language and speech skill.



"Old MacDonald"

Old Macdonald had a farm, E-I-E-I-O

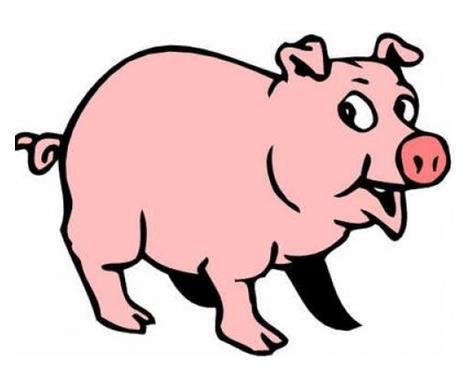
And on his farm he had a cow, E-I-E-I-O

With a "moo-moo" here and a "moo-moo" there

Here a "moo" there a "moo"

Everywhere a "moo-moo"

Old Macdonald had a farm, E-I-E-I-O



Old Macdonald had a farm, E-I-E-I-O

And on his farm he had a pig, E-I-E-I-O

With a (snort) here and a (snort) there

Here a (snort) there a (snort)

Everywhere a (snort-snort)

Old Macdonald had a farm, E-I-E-I-O



Old Macdonald had a farm, E-I-E-I-O

And on his farm he had a horse, E-I-E-I-O

With a "neigh, neigh" here and a "neigh, neigh" there

Here a "neigh" there a "neigh"

Everywhere a "neigh, neigh"

Old Macdonald had a farm, E-I-E-I-O



Old Macdonald had a farm, E-I-E-I-O

And on his farm he had a chicken, E-I-E-I-O

With a "cluck, cluck" here and a "cluck, cluck" there

Here a "cluck" there a "cluck"

Everywhere a "cluck, cluck"

Old Macdonald had a farm, E-I-E-I-O

Old Macdonald had a farm, E-I-E-I-O

And on his farm he had a duck, E-I-E-I-O

With a "quack, quack" here and a "quack, quack" there

Here a "quack" there a "quack"

Everywhere a "quack, quack"

Old Macdonald had a farm, E-I-E-I-O

Continue adding animals with their sounds -- it's fun to allow the children to take turns picking the next animal/sound combination

**Are you finding it hard to keep your children cool during the day at the moment?**

Here is a very simple but fun, relaxing and cooling activity that you can provide for them. If you don’t have any paint you could instead use water coloured with food colouring. Join in and cool down!

**Is your household struggling to sleep at night due to the heat? Her are a few tips that might help.**

**Choose cotton.**

Light-coloured bed linens made of lightweight cotton ([Egyptian](http://www.youtube.com/watch?v=r8PdTNHjNiI) or otherwise) are [breathable](http://www.huffingtonpost.com/2012/07/11/buying-guide-best-sheets-_n_1662504.html) and excellent for promoting ventilation and airflow in the bedroom.

**Get cold comfort.**

Buy a [hot water bottle](http://transition.accc.gov.au/content/item.phtml?itemId=759045&nodeId=85487d0a4def77ab8a4a0b1eef5c5b7d&fn=Ho) and fill it with water, then place it in the freezer to create a bed-friendly ice pack.

**Be creative.**

Point fans out the windows so they [push hot air out](http://www.apartmenttherapy.com/beat-the-heat-with-one-easy-trick-175912), and adjust ceiling fan settings so the blades run counter-clockwise, pulling hot air up and out instead of just twirling it around the room.

**Sleep like an Egyptian.**

The so-called “[Egyptian method](http://lifehacker.com/5313787/use-the-egyptian-method-to-sleep-well-on-a-hot-night)” involves dampening a sheet or towel in cool water and using it as a blanket. It would be recommended to lay the damp sheets on top of a dry towel to avoid soaking the mattress.

**Go old-school.**

Make a DIY air conditioner by positioning a shallow pan or bowl (a roasting pan works nicely) full of ice in front of a fan. The breeze will pick up cold water from the ice’s surface as it melts, creating a cooling mist.

**Cool off.**

A cold shower takes on a whole new meaning come summertime. Rinsing off under a stream of tepid water brings down the core body temperature before going to bed.

**Hang out.**

Cool down a whole room by [hanging a wet sheet](http://www.today.com/money/keeping-cool-these-budget-air-conditioners-841102) in front of an open window. The breeze blowing in will quickly bring down the room’s temperature.

**Stay away from the stove.**

Eat cool, room-temperature dishes - salads are best to avoid generating any more heat in the house. The body produces more heat after eating hot food than a platter of fruits, veggies, and legumes.

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**Thank you all so very much for your continued support and recommendations.**

**Educators, Janice, parents, extended whanau make Family Tree Homebased the family focused wonderful service it is!**

**We aspire for further growth this year, so please continue to share our facebook page with your family/friends and keep those wonderful recommendations coming!**

**Our dedicated educators are privileged to be able to educate and care for you children in their home. We look forward to another fantastic year full of learning, fun, excitement and development.**

**Jen.**