

# Yandell Kindergarten

## 2013 Term 4 Newsletter 2

### IMPORTANT DATES:

#### TERM DATES 2013:

Kinder clean up days are Monday 16th & Tuesday 17th December (no kinder program for that week)

#### TERM DATES 2014:

TERM 1	Tuesday 28th January to Friday 4th April
TERM 2	Tuesday 22nd April to Friday 27th June
TERM 3	Monday 14th July to Friday 19th September
TERM 4	Monday 6th October to Friday 19th December

#### FESTIVAL DATES:

Autumn Festival:	Ring-a-Rosie Kindergarten	Thursday 3rd April Friday 4th April
Mid Winter Festival:	Ring-a-Rosie Kindergarten	Evening of Thursday 19th June Evening of Friday 20th June
Spring Festival:	Ring-a-Rosie Kindergarten	Thursday 18th September Friday 19th September
Advent Festival:	Ring-a-Rosie Kindergarten	Thursday 11th December Friday 12th December

#### PUBLIC HOLIDAYS:

Labour Day	Monday 10th March
Anzac Day	Friday 25th April
Queen's Birthday	Monday 9th June

#### WORKING BEE DATES:

Term 1	Sat 15th Feb
Term 2	Sat 3rd May
Term 3	Sat 19th July
Term 4	Sat 11th Oct

### PARENT'S COMMITTEE MESSAGE:

Dear Yandell Families,

It's that somewhat crazy time of the year when we seem to rush a lot more when we feel like stopping, breathing and reflecting. I hope there will be time for you all to just be, rather than do, and time to witness your beautiful children in their 'be'ing. I am very pleased to announce that we have a full committee for 2014 with some new positions that I hope will add to the tremendous efforts of all previous committee members.

You will find a list of the 2014 Committee in this newsletter. I am grateful to the wonderful people who will give up some of their time and energy to help this kinder continue on its journey. I will remain on the Committee next year as a General Member and as a support to the incoming President, Jason Williams. I would like to thank all the Committee Members of 2013 for their time, input, energy and dedication. We achieved a lot and worked through challenges with respect and resilience. We also shared some laughter and deepened our connections.

A special thank you to Sharon and Mandy who continue to be so pivotal to the day to day success of the Kinder and their wonderful assistants, Melinda, Jo and Kristie.

Thank you to all those parents who were able to help with Kinder duty and all manner of in-house help. A special thank you to Merinda for her amazing work on the chicken house. I wish you all a safe, peaceful Christmas and good health, light and love throughout 2014.

Elizabeth Marcus.

## PARENT COMMITTEE MEMBERS 2014:

The following people were nominated and accepted as Parent Committee members at the Yandell Annual General Meeting held 12<sup>th</sup> November 2013.

President	Jason Williams
Vice President	Felicia Semple
Secretary	Natalie Simpson
Treasurer (Contracted External Book Keeper) :	Malhani
Assistant Treasurer	Zanthe Bohan
Enrolments Officer	Cap Oretti
Enrolments coordinator	Jennifer Mobilia
Rosters Coordinator and Working Bees	Martine Molloy ( <a href="mailto:martine.molloy@optusnet.com.au">martine.molloy@optusnet.com.au</a> )
Autumn Fair / Plant Sale Coordinator (up to four people).	Tina, Catherine Mazzotta ( <a href="mailto:cfmazzotta@iprimus.com.au">cfmazzotta@iprimus.com.au</a> ), Julie ( <a href="mailto:Julie.aares@gmail.com">Julie.aares@gmail.com</a> ) & Virgil Cameron ( <a href="mailto:virgil@virgilcameron.com">virgil@virgilcameron.com</a> )
Parent Liaison Officer	Simone Michelle Nolan,
Newsletter Coordinator	S'hana Shean ( <a href="mailto:shanashean@gmail.com">shanashean@gmail.com</a> )
Webmaster	Malhani & Kiran
Safety Officer	Angeline
Maintenance Officer	Nathan.
Social Officer	Jema Urlich-Howell ( <a href="mailto:jembelina5@hotmail.com">jembelina5@hotmail.com</a> )
QIP Officer	Sharyn Hatton ( <a href="mailto:s.leahy9@gmail.com">s.leahy9@gmail.com</a> )
Policy Review Officer	Rebecca Holland ( <a href="mailto:becsholland@hotmail.com">becsholland@hotmail.com</a> )
Grants/Fundraising Officer	Martine Molloy( <a href="mailto:martine.molloy@optusnet.com.au">martine.molloy@optusnet.com.au</a> )
General Members	Michelle Collins, Lori O'neill, Elizabeth Marcus

## OTHER NEWS:

### **Policy for \$100 non-refundable deposit/maintenance fee**

Each family is required to pay a \$100 non-refundable deposit to secure your child's place at Yandell. Upon receipt of this deposit it then becomes the maintenance fee. This money comes off the Term 4 fees so long as you contribute your time and services to the maintenance and running of the kinder by one of the following ways:

1. Attend two kinder commitments throughout the year. Choose between a combination of working bees and committee meetings; or
2. Become an active member of the Native Plant Sale and Autumn Fair team; or
3. Become an active committee member (this includes needing to attend at least 2 committee meetings).

These commitments must be met by the start of Term 4, when the term's fees are invoiced. If none of these can be met, then you opt to pay the full Term 4 fees. Any special exemptions or considerations need to be discussed and approved by the committee. Any alternative offers of help as ways of fulfilling your maintenance fee requirements need to be discussed and approved also. The committee reserves the right to assess extenuating circumstances on a case-by-case basis.

## BOOK CORNER:

### HIGHLY RECOMMENDED LIST FOR PARENTS WITH CHILDREN UNDER 7

#### **You Are Your Child's First Teacher, Rahima Baldwin**

A must-have for anyone with children under seven.

#### **Seven Times the Sun, Shea Darian**

A practical book full of ideas for parents wishing to create meaningful and helpful rhythms and rituals in their family life. A companion CD is also available.

#### **Nurturing Children and Families: One Model of a Waldorf Parent-Child Program, Sarah Baldwin**

This is the book to get if you are wishing to work with others to create any kind of Steiner-inspired playgroup or co-op for young children. Warm, enabling and very, very practical, this book is a gem. This is Sarah of Bella Luna Toys. Find out more about her work here.

#### **Free to Learn: Introducing Steiner Waldorf Early Childhood Education, Lynne Oldfield**

Written for parents intending to send their children to Steiner kindergartens, this book will be of great interest to anybody wishing to understand what is done in a Steiner kindergarten and why.

#### **Anything by Mary Thiennes-Schunemann**

Various CDs and books to help you learn songs, lullabies and rhymes to sing with your young children.

#### **A Child's Seasonal Treasury, Betty Jones**

This book is a real treat - a beautiful collection of verses, craft ideas, songs and stories for kindergarten-aged children. It even includes a few seasonal ideas for our friends Down Under!

## STEINER ARTICLES:

### **The Importance of Play and Quality Learning to Promote Childhood**

Childhood is a wonderful thing, but with all the technology available, are children of today actually experiencing childhood? This article explores the importance of play and quality learning to promote childhood and how that is incorporated into Steiner Kindergartens. Article courtesy of Steiner Education Australia. [Click here](#)

## RECIPES:

### **YUMMY BREAD RECIPE**

Ingredients:

- 500ml luke warm water (if you put your finger in it shouldn't feel warm or cold, just exactly the temperature of your skin)
- 1 Tablespoon dried yeast
- 1 teaspoon honey

- 500g spelt flour
- 500g plain flour (or you can use all of one kind of flour, or any combination of flours to make up 1kg of flour total)
- 2 Tablespoons Olive Oil
- 1 Tablespoon salt

Take 250ml of the water and stir in honey until dissolved. Sprinkle yeast on surface of water. Stand for about 10 mins so yeast can froth and bubble. (If yeast doesn't froth and bubble, bread probably won't rise – you may have a bad lot of yeast – this is about the only place you can go wrong). In a large bowl, put flour, salt. Make a well in centre and add olive oil and bubbling yeast mixture. Start stirring in the dry ingredients, adding the remaining 250ml of water as you go to make dough. Turn dough out onto a well-floured surface and knead for about 10 – 12 mins. until dough is quite smooth and elastic. If you push the dough it should bounce back.

Put your dough into an oiled bowl, turning to coat all sides with oil, and cover with a tea towel. Place in a warm dry spot and let rise for 1 hour. Punch down after 1 hour and knead again for a couple of minutes. Put it back in bowl and let rise again (for about 30 – 45 mins)

Shape as desired and bake in hot oven – if you are making small shapes like we do at playgroup you can bake it at 200C for 20-25 mins. For larger loaves the time will be more like 30-35 minutes. To check if your loaf is cooked, you can tap the bottom of the loaf. If it sounds hollow it's cooked.

## WHAT IS KOMBUCHA?

Somebody told me to include something about Kombucha so here it is. Kombucha is a symbiotic culture of bacteria and yeast (SCOBY) that forms a zoogleal mat. This unique beverage has been used for over 2000 years to improve health and fight against infection and chronic disease. The Ancient Chinese called Kombucha the "Immortal Health Elixir" as they revered it for its remarkable health benefits. Kombucha cultures typically contain many strains of beneficial yeasts that turn sugar into alcohol. One particular strain of bacteria, *Gluconacetobacter xylinus* ferments the alcohol from the yeast into acetic acid. This lowers the alcohol content in the Kombucha and increases the probiotic metabolite content.

***Kombucha is loaded with unique nutrients:*** Kombucha is loaded with organic acids, active enzymes, amino acids and polyphenol anti-oxidants. The most common components include the various organic acids such as acetic acid, butyric acid, usnic acid, oxalic acid, malic acid, gluconic acid and lactic acid. It also contains active enzymes and probiotics. Kombucha is typically produced in a sweetened green, white or black tea. The best fermentation process uses an organic evaporated cane juice or honey although too much honey can disturb the stability of the culture. Most of the sugar will be remade into organic acids that blunt the blood sugar response so it is very low glycemic and non-inflammatory.

***Improves joint function:*** Kombucha is rich in glucosamines which helps preserve cartilage structure and prevent joint degeneration. Glucosamines increase hyaluronic acid production within the joint which binds moisture thousands of times its weight in the joint cavity. This provides the joint with structure, moisture, lubrication and flexibility while protecting against free radical damage.

***Improves digestion and immunity:*** Kombucha is loaded with probiotic bacteria and yeast that make their way into the gut and ward off parasites and pathogens. It is particularly good at minimizing *Candida* and improves digestion and nutrient assimilation. Kombucha enhances immunity by inoculating the gut with healthy microorganisms and providing anti-oxidants and enzymes.

***Kombucha helps the body cleanse:*** This beverage is loaded with enzymes and organic acids that help to detoxify the body. This reduces the load on the pancreas, liver and kidneys and helps the body rid itself of unwanted wastes and destroy cancer cells. Kombucha is rich in glucaric acid which has potent anti-cancer activity. Nobel Prize winning Russian author Alexander Solzhenitsyn credited drinking kombucha throughout the day, each and every day, helped him beat stomach cancer. This was during his time in the soviet labour camps. President Ronald Reagan was so moved by Solzhenitsyn's testimony that he used kombucha to help him stop the spread of his cancer in 1987.

To learn more there is heaps of information on the web and you can buy a scoby on eBay or you can email Nick on [njwilliamson3@gmail.com](mailto:njwilliamson3@gmail.com).

## WE WOULD LIKE TO THANK:

Sharon, Mandy, Melinda, Jo and Kristie who have loved, cared for and nurtured our children over 2013. We feel eternally grateful and blessed that you have held our children and get the feeling that they will grow up to be more confident, happier and whole children as a result. Thank you.