



DID YOU KNOW?

New Zealand children eat and drink around 16 teaspoons of added sugar per day or 23kg of added sugar per year!

Too much sugar causes poor health and tooth decay.



Some handy tips to reduce sugar:

1. **Drink plain water** instead of sweet drinks.
2. **Choose breakfast cereals that are lower in sugar** such as Weet-bix, porridge and oats. If you usually add sugar to cereals, try adding chopped or canned fruit (in natural juice) and/or yoghurt instead.
3. **Choose healthy snacks** - fruit, yoghurt, cheese and wholegrain crackers, boiled egg, vegetables and dip.

For more information, visit www.heartfoundation.org.nz

5 Minute Hummus

- 1 can chickpeas, drained and rinsed
- 1 clove garlic
- ¼ cup tahini
- 1 juice of a lemon
- 1 pinch ground cumin
- 1 pinch ground pepper
- 1 tablespoon olive oil
- 1 tablespoon water



Method

Place all ingredients in a food processor and blend until smooth.

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Fantails Childcare
Country
Newsletter February 2019



Kia Ora Parents and Whanau,

For those who have been away over the summer holidays, welcome back to 2019!

We have an exciting month ahead. This week we will be celebrating Chinese (Lunar) New year with lots of crafts, dancing and cooking. On the 13th of February we will be taking part in 'Big Heart Day' to raise awareness for The Heart Foundation charity. There will be games, races and a variety of sports challenges, so we recommend the children wear comfortable clothing.

Thank you to those who have emailed through their family photos. The children love sharing their special Albums with one another and they are proving to be a great tool for supporting speech, language and social skills.



Kind regards,
Hailey Nasmith
Centre Manager

February Events

-Big Heart Day Wed 13th Feb- Bring athletics-ware for lots of sports games!

-Zero Waste Zone Field Trip (3 & 4 year olds) -Thu 21st Feb

In the Babies Room...

We have been making the most of this wonderful weather and have had lots of water play. The children have loved sitting in and splashing in the shell, transferring water into different vessels and running and laughing through the sprinkler which was great fun. We have experimented with different ice activities which have included freezing natural objects in blocks of ice to see what happens when they melt and freezing different coloured paints on ice block sticks to paint on paper.

We have had a mud kitchen in the sandpit, used scrubbing brushes and buckets to 'clean' the deck and the children thought it was hilarious chasing the teachers with water in spray bottles. It really has been a fun and busy few weeks.



In the Preschool Room...

Over the past few weeks the Kiwi (2 year old) tamariki have been working on a collaborative beach themed mural for our room. They have been experimenting with; paint, sand, cellophane and a variety recycled materials to create their mixed-media masterpiece.

The Tui (3 year old) tamariki currently have an enthusiasm for 'treasure hunts', we have been hunting all kinds of things in our garden such as insects and natural materials as well as going on number hunts, shape hunts and letter hunts.

The Flyers (4 & 5 year olds) have been busy at the carpentry table, which is a great way for them to gain practice applying their mathematical knowledge in a practical context. They have been planning, measuring, counting and carefully hammering together their creations.

The water slide and sprinklers have been a popular experience across all ages!

