



2023 - Term 1

## Welcome

A very warm welcome to all our new families joining us in 2023, and welcome back to those of you returning for another year of fun and learning.

We trust that you all enjoyed your holidays and are ready for the many experiences we provide that will allow your child to grow and develop.

For many of you, your child's first year of kindergarten will mark a significant milestone in your lives. It can be exciting, anxious and fun all at once. Please do not hesitate to contact Angela, Cristina or Rosanna should you have any enquiries regarding your child, or our program. We encourage a good, strong relationship between you and your child's teacher, and this will only be possible if the lines of communication remain open and honest.

We have a wonderfully talented and passionate team of staff with years of experience who are dedicated to providing a nurturing and innovative program for your children. In 2022 we joined with South Morang Pre-School Association who now manage our service.

Should you need to contact Caryn our Manager you can find her details below:

Ph: 9437 9348

Email: [south.morang.admin.kin@kindergarten.vic.gov.au](mailto:south.morang.admin.kin@kindergarten.vic.gov.au)

We look forward to getting to know our new families and children and look forward to an amazing year ahead!

*"Tell me and I forget.....teach me and I remember.....involve me and I learn"*

*Benjamin Franklin*

We have children who are at high risk of **Anaphylaxis** to **all nuts**.

We ask that you keep this in mind when packing your children's snacks and lunches.

Your actions will help to support these children by providing a safe environment.

### Term Dates: 2023

30<sup>th</sup> Jan - 6<sup>th</sup> Apr  
24<sup>th</sup> Apr - 23<sup>rd</sup> June  
10<sup>th</sup> July - 15<sup>th</sup> Sept  
2<sup>nd</sup> Oct - 20<sup>th</sup> Dec

## Diary Dates - Please enter these dates into your calendar

21 February	Rosella Group	Pancake Day
24 February	Galah Group	Pancake Day
28 February	Rosella Group	Meet and Greet
2 & 3 March	Wombat Group	Meet and Greet
2 March	Galah Group	Meet and Greet
25 March	All Groups	Working Bee
13 March	Public Holiday	Kindergarten Closed
14 March	Rosella Group	St. Patrick's Day Celebration
8 March (updated)	Rosella Group	Photo Day
9 March (updated)	Galah Group	Photo Day
17 March	Galah Group	St. Patrick's Day Celebration
21 March	Rosella Group	Harmony Day Celebration
23 March	Galah Group	Harmony Day Celebration
3 & 4 April	Wombat Group	Easter Egg Hunt
5 April	Rosella Group	Easter Egg Hunt
5 April	Galah Group	Easter Egg Hunt

## Galah Group - 4 year old

Welcome Everyone! Hope you had a happy and safe holiday. I am so excited to be teaching Green group this year. Danielle, Emma and I are looking forward to getting to know and work with you and your amazing children.

Kindergarten is a wonderful time in your child's life. It is a year full of discovery, learning, fun and an incredible year of change. A child's early years are a special time spent discovering themselves and others, the world around them and developing their emerging thoughts, skills, values and a love of learning through play. You will be amazed as you watch your child bloom as a leader, friend, thinker, scientist, artist, explorer, creator and so much more.

In Term 1 our aim is for the children to settle in and for them to feel comfortable and secure within the kindergarten environment. Therefore, in the first few weeks of term 1 the children will attend in two small groups as this will give them an opportunity to get to know each other and the adults, the kindergarten routine and rules.

I am so excited by the anticipation of countless milestones we will reach as a group and those your child will reach as an individual.

I look forward to meeting you all!

*Rosanna, Danielle & Emma*



## Rosella Group - 4 year old

Welcome to all the wonderful Red Group families!

I hope you have had a safe and enjoyable break. I am honoured and thrilled to be teaching your children and cannot wait to meet you all and see some familiar faces again!

The first few weeks here at kindergarten will be spent ensuring that the children feel safe and secure in their new environment.

Moving into a four year old program will be an exciting experience and can be a huge change for the children, particularly for those whom have not attended an early childhood education setting before.

Forming trusting relationships with both staff and peers is essential in beginning to separate from parents as well as creating a safe and positive learning environment.

Our program is inspired by your creative and inquisitive children.



Term 1 will see us getting to know one another, getting to know the rules and our daily routine and exploring the children's interests as they emerge.

We are so very happy to welcome you all to our Red Group family and look forward to an exciting and memorable year ahead.

*Cristina, Danielle & Julia*

## Wombat - 3 year old

A warm welcome to the children and families in our 3-year-old WOMBAT group for 2023. Julia and I are so excited to be working with your children and we look forward to having a wonderful year together.

In the first few weeks the children will attend shorter sessions so they can become familiar with all aspects of the kindergarten environment and routine as well as getting to know the educators and the children in the group.

Our program for term 1 will focus on the children settling into the kindergarten. This involves –

- being able to say goodbye to their parent
- becoming familiar with the routine of the session (e.g., packing up, sitting on the mat, washing hands, sitting for snack time),
- becoming familiar with our kindergarten rules
- becoming familiar with the indoor and outdoor environments.

As the weeks progress the children will begin to feel comfortable and safe at kinder and this will allow the children to develop their confidence e.g., to say goodbye to their parent. As all children are different this will vary and for some children this will take longer to develop.

During the year the program will provide many opportunities and experiences for the children to develop and practice their skills and develop their knowledge through a variety of fun, educational, hands on, play based learning experiences. The children will develop their –

- social and emotional skills
- language and communication skills
- physical skills (gross and fine motor skills)
- creativity, imagination, independence and confidence.

During the year, please feel free to speak to me about how your child is progressing and developing at kinder. We welcome parents suggestions/ideas to add to our educational program.

Please feel free to have a chat with me either after the session (when all the children have been picked up) or via phone or email.

Julia and I look forward to a wonderful year together filled with laughter, fun and learning.

*Angela & Julia*




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## Storypark

What is Storypark?

Storypark is a platform that we are using this year which allows parents and carers to access up-to-date information on the service and their child.

Storypark includes many different features, including the ability to:

- Stay up to date with notifications from the kindergarten
- Communicate with your child's teachers
- See what is happening in the program
- View photos from incursions, excursions & events
- View your child's goals and learning each term

To avoid missing out on important information and events, please accept your invite that was emailed to you to access Storypark.

If you have any issues with logging in, please see your child's teacher.





## Healthy lunch-boxes for children

Healthy lunches and snacks are important for active children and help with concentration and learning.

Healthy eating changes are not always easy to make. Try to set a good example with your lunches and snacks. Encourage children to be involved in their own lunch/snack preparation, and their choices about what foods to include. Praise your child when they choose well.

### Things to put in a lunch/snack box

- Fresh fruit (*fruit salad*)
- Try vegetable sticks with dips. Or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, peas, cucumber.
- A meat or protein food - slice of lean meat, hard boiled egg.
- Starchy food - bread, roll, pita or flat bread, fruit bread or crackers
- Fruit yogurts should be kept in an insulated lunchbox.
- Pre-packaged or your own home made versions of cheese and crackers are fine. Children enjoy mini packaged cheeses.
- To drink - water only

### Best Left Out:

- Dried fruit bars and “straps” are very high in sugar, low in fibre and stick to children’s teeth causing tooth decay.
- Chips and packets of crisps are best left for parties and special occasions.
- Avoid sweet dips such as chocolate spreads. “Oven-baked” savoury biscuits are just as high in salt and fat as chips and should be avoided.

## Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



## Central Enrolment System - 3 & 4 year old Kindergarten

The Stables Kindergarten is part of the City of Whittlesea Central Enrolment System.

All applications for a three year old or four year old place must be lodged with the City of Whittlesea Kindergarten Enrolment and Support Officer.

From 2022, as part of the State Government's Kindergarten Reform, every Victorian three-year-old child will be able to access a minimum of five hours per week of funded three-year-old kindergarten program, progressively scaling up to 15 hours per week by 2029.

Parents of children born in the months of January to April, have the choice of which year to enroll their child including the year the child is eligible or the following year.

Application forms can be downloaded from the council's website:

[www.whittlesea.vic.gov.au](http://www.whittlesea.vic.gov.au)


Application forms are submitted at council along with a non refundable application fee.

Council's Kindergarten and Enrolment Support Officer will confirm your child's placement in writing.

If applications for a specific kindergarten are oversubscribed, either the second or third preference will be offered.

Please see table below for application opening dates.

### 3 & 4 YEAR OLD KINDERGARTEN APPLICATION TIMELINE



## City of Whittlesea

Council operates a Central Application Scheme for:

- 4 year old kindergarten
- 3 year old kindergarten commencing from 2022

To find out when your child is eligible to attend see the table below.

Children born from January to April can attend in the year the child is eligible for, or in the following year.	3 Year old kindergarten		4 Year old kindergarten		Applications open
	Year of attendance	Apply via	Year of attendance	Apply via	
1/5/2016 - 30/04/2017	2020	Kindergarten	2021	City of Whittlesea	Open Now
1/5/2017 - 30/04/2018	2021	Kindergarten	2022	City of Whittlesea	Open Now
1/5/2018 - 30/04/2019	2022	City of Whittlesea	2023	City of Whittlesea	1 Feb 2021
1/5/2019 - 30/04/2020	2023	City of Whittlesea	2024	City of Whittlesea	1 Feb 2022
1/5/2020 - 30/04/2021	2024	City of Whittlesea	2025	City of Whittlesea	1 Feb 2023
1/5/2021 - 30/04/2022	2025	City of Whittlesea	2026	City of Whittlesea	1 Feb 2024

For information about 3 & 4 year old kindergarten applications, please phone  
Council's Kindergarten Team on 9404 8825  
email: [keo@whittlesea.vic.gov.au](mailto:keo@whittlesea.vic.gov.au) or visit our website [www.whittlesea.vic.gov.au](http://www.whittlesea.vic.gov.au)

## Car Parking

**Please note the signs in the carpark have changed to 15 minute parking.**

If you are a parent on duty or have a meeting with the teachers or Nadia, we can give you a daily permit.

This permit will need to be returned to the kindergarten when you are ready to leave.

**PLEASE DO NOT PARK IN THE FOLLOWING AREAS:**

- ⇒ **NO STANDING**
- ⇒ **RADIO STATION PARKING BAYS (Permit Area 1)**
- ⇒ **KINDERGARTEN STAFF PARKING BAYS (Permit Area 2)**
- ⇒ **IN FRONT OF THE 24 HOUR ACCESS AREA**



We ask that you do not park at the kindergarten if your child is not in session. We have 104 families at the kindergarten and if all parents parked here because their child attends (whilst dropping off or picking up siblings from) St. Francis of Assisi Primary School it would leave the families in session with no where to park.

Last year, some of our families received \$160.00 fines, and I'm sure you will all agree that it is money well spent in other areas of your lives.

If you have any questions, please do not hesitate to contact us.

## Parent Information Folders

### Parent Information:

This folder contains information regarding community activities and events both local and in the broader community.

Invitations to family services training sessions, and also health and wellbeing information sent by various government departments will be found in this folder.



*The folders are located on the sign in/out table*

### Primary Schools in Our Areas:

This folder will hold brochures and open day information sent to us by our neighboring schools.

Please feel free to take any brochures that may interest you.

## Translation Services

Throughout the year families will receive many notices.

Should any family require these notices to be translated into their first/home language, please do not hesitate to speak to your child's teacher.

Depending on government funding, we can also provide limited interpreter services should anyone require this.



## Help

We welcome and appreciate parent's/guardian's input and helping out with the program. Therefore if you would like to share a particular passion of yours with the children, please see your child's teacher.

In previous years, we have had parents come in to read stories and sing songs in different languages, and talk to the children about cultural celebrations important to their families. Please see your child's teacher if you would like to participate.



## “No Jab, No Play”

Under the new ‘No Jab, No Play’ legislation, before enrolling a child, early childhood services will have to first obtain evidence that the child is:

- fully immunised for their age (as per the requirements of the National Immunisation Program Schedule OR
- on a vaccination catch-up program OR
- unable to be fully immunised for medical reasons.

‘Conscientious objection’ is not an exemption under the ‘No Jab No Play’ legislation.

### **Why are vaccinations so important?**

Vaccination is one of the most effective interventions to prevent disease worldwide. Modern vaccines provide high levels of protection against an increasing number of diseases which, in some cases, can be fatal. Worldwide, it is estimated that immunisation programs prevent approximately 2.5 million deaths each year.

The current immunisation rate in Victoria for children under 5 years of age is around 92 per cent; however immunisation coverage of 95 per cent is necessary to halt the spread of particularly virulent diseases such as measles. Immunisation not only protects those people who have been vaccinated, it also protects those in our community who may be unable to receive vaccines themselves, by reducing the prevalence and spread of disease.

### **What immunisations are required for children at childcare and kindergarten?**

Under the new legislation, children will be required to be fully vaccinated for their age.

For more information, view the immunisation schedule for vaccines available under the National Immunisation Program, and when they should be received

### **Who will the ‘No Jab, No Play’ law impact and how?**

These laws will apply to all early childhood education and care services in Victoria providing:

- long day care, kindergarten, occasional care, family day care

### **Why is conscientious objection not an exemption under the legislation?**

The purpose of removing this exemption is to ensure as many children as possible are vaccinated against serious and potentially life-threatening illnesses.

If parents/carers have questions or concerns about immunisation or particular vaccines, they should seek answers from a qualified source, such as a GP or immunisation nurse. The Better Health Channel also provides quality-assured information online.

### **What is considered a ‘medical exemption’ under ‘No Jab, No Play’ and what documentation is required as evidence?**

Some children may be exempt from the requirement to be fully vaccinated on medical grounds.

Examples of valid medical reasons that a child could not be fully vaccinated include:

- an anaphylactic reaction to a previous dose of a particular vaccine, or
- an anaphylactic reaction to any vaccine component
- has a disease which lowers immunity (such as leukemia, cancer, HIV / AIDS, SCID), or
- is having treatment which lowers immunity (such as chemotherapy).

Parents/carers who think their child may require a medical exemption to one or more vaccines should consult their GP.

**This statement needs to be provided by the parent to the early childhood service to finalise enrolment, and also throughout the year if an update is required.**

## Never Leave Children in Cars

As the temperature soars, a campaign that reminds parents **NOT** to leave their children in cars will run again this summer.

Kidsafe's General Manager Jason Chambers says parents need to be aware that the temperature inside a car can be 20 to 30 degrees warmer than outside the car, usually within the first five minutes of parking.



"In summer this can mean the temperature can be as high as 60 degrees in a matter of minutes," Mr Chambers says.

"For young children, it is especially important they are not left in the car because their body temperature rises three to five times faster than an adult in a short time. This can result in dehydration, which can lead to heat stroke, which can be fatal".

Leaving the windows down slightly has little effect on the inside temperature.

**Not only is it dangerous to leave children in a car, it is also illegal.**

This summer, the Never Leave Kids in Cars campaign will continue and will send the message that our most precious valuables - our children - should never be left in the car.

## Birthday celebrations at kindergarten

After much consideration and consultation with the staff regarding how children's birthdays are celebrated at kindergarten, we would appreciate it if families could limit the birthday treat to a small piece of cake/cupcake or a small lollipop (size of a chup-a-chup) or a Freddo Frog.

If supplying cake/cupcakes please provide a full list of ingredients.



## Caring for our environment and reducing paper waste

Worldwide, more than 300 million tonnes of paper are produced each year, consuming 300 million forested acres and requiring huge amounts of chemicals, pesticides, energy and water.

Reducing paper consumption lessens the worldwide environmental impact of the paper industry and keeps millions of tonnes of waste out of landfills.

***To help reduce the impact on our environment and also to reduce printing costs, we will only be providing the Term 1 Newsletter in hard copy.***

***Terms 2, 3 and 4 will be available on the website and on Storypark.***

***For families that require a hardcopy, please see your teachers.***

## Keeping our children safe

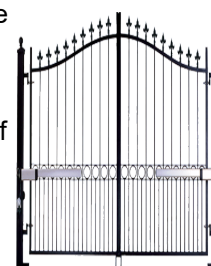
At times, it has been brought to our attention that some parents/carers are not as careful with the closing of gates as they should be.

Please, always shut every gate behind you and only ever allow **your** child/children out of the kindergarten grounds.

A busy car park and a busy Childs Road is an ever present danger.

Our children only average four years of age and the dangers of traffic means nothing to most of them.

If a child near you is not with an adult, please do not let them out.





## A change for the whole family

Starting kindergarten is not only a change for your child.

Amid the excitement and preparation it can be important to take a moment to think about how this change affects you and your family.

As you help your child prepare for the changes ahead, it is important to monitor your own feelings. Having your child start kindergarten may lead to a new routine for you and your family. There may also be a period of adjustment as you begin to connect with the kindergarten community. Thinking a little about how things are going to change for everyone can help you to make sure the whole family is ready for starting kindergarten.

### **Mixed Emotions**

As your child reaches this milestone, you may be feeling a sense of loss as they are spending more time out of the family home and in somebody else's care. Or perhaps you are worried about how your child will settle into their new setting, cope with new learning tasks and make friends. You may also be feeling excited and proud as your child is growing up and starting a new phase in their life. If you have other children in the family, they too may be experiencing a mix of emotions about the brother or sister starting school.

It is important to monitor your own reactions and consider what you may need during this time. Try to recognise when you are feeling stressed and the potential causes. This will help you to respond appropriately and think about what else you might need to do to prepare for starting kindergarten. Planning some enjoyable or relaxing activities to help you manage your own emotions can be really helpful.

Your child is also likely to be aware of how you are feeling and this can influence their reaction to kindergarten. If you appear confident about the challenges ahead and express a positive outlook, this will help your child to feel confident about starting kindergarten.

### **A New Family Routine**

Take some time to think about how your family will adjust to the new routine. If you are a working parent, you may need to consider arrangements for drop off and pick up with your partner, family members or friends.

If your primary role has been mainly at home looking after our child, there might be a period of adjustment as your child is away from you for longer hours.

Your child may also feel exhausted with all the changes they are experiencing and you may consider adjusting the routine to allow periods of rest.

### **Supportive Relationships**

Supportive relationships can help everyone cope in difficult or challenging times.

Talking through your concerns with your partner, friends and family, or your child's early childhood educator, can help to support you during your child's transition to kindergarten.

It can be really helpful at this time to connect with other families at your child's kindergarten. It is likely that they too are experiencing similar emotions.

Sharing your concerns, hopes and experiences can be comforting and you may learn some useful tips or ideas.

It can be helpful to join in any social activities the kindergarten has to offer or arrange to meet up with some of the other parents.

### **Connecting with your Child's Kindergarten**

This is a good time to start linking in with our child's kindergarten community, which will help your family to feel supported and allow you to develop new relationships.

Building connections between your family and the school will also help your child adjust to their new setting as you are able to provide and share valuable knowledge about your child. There may be opportunities where your child's kindergarten will seek information about your child. At other times you might find opportunities to communicate with them and take steps to become a part of the kindergarten community.

## Continued.....

In preparing for kindergarten, it will be helpful to:

- Share information about your child and their previous environment.
- Speak to your child's early childhood educator if you are concerned about a particular issue (e.g.: your child's fear of using the kindergarten's toilets, separation anxiety).

Once your child has started kindergarten, there are many different ways you can continue to build connections. It is important to be involved in a way that suits you and your family. It can help to:

- Maintain regular communication with your child's early learning educator. This includes talking to them about your child's needs and interests, and discussing ways that the kindergarten can support you.
- Stay informed through reading the information sent home and participating in the experiences/events offered throughout the course of the year.
- Look out for social opportunities where your family can build relationships with other families.
- Take an interest in your child's learning. Talk to your child's early childhood educator about what they are learning and how you can support this at home. Ask your child about their day and acknowledge their efforts in learning tasks.
- Look for opportunities to share your knowledge, ideas and experiences with the kindergarten (e.g.: volunteering, sharing cultural traditions and customs).

Remember everything you do makes a difference in supporting your child's learning and development, and building a positive relationship with your kindergarten community. If you are not sure how to be involved, please see your child's teacher.

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## Parent Helpers - Volunteers 2023

All adults in a parent helper/volunteer capacity are required to have a valid Working with Children's Check. This will also apply to parents assisting with excursions.

The link below will help you with the application process.

<https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply-1>

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## Signing children in and out of the program

You will be required to sign your child in at the beginning of the session, and sign them out when picking them up.

It only takes a moment to check that you are signing in the correct place, and this will ensure that staff have accurate attendance records at all times.

Also please remember to check your child's communication pocket for any notes so that you keep up to date with important information.



## Reducing the risk of an Asthma attack in February

Throughout the year there are significant increases or “spikes”, in asthma presentations to hospitals and emergency departments. Approximately 1 in 9 children in Australia have asthma and for children with asthma these spikes usually occur towards the end of the holiday period as they return to day care, pre-school and school.

**Why does the “spike” occur?** -While there have not been direct links established, the February “asthma spike” is believed to be largely due to children coming into contact with asthma triggers that they have had time away from, as they are now returning to a pre-school/school environment.

**Some common triggers:** Colds and Flu’s, Activity/exercise, Pollens/moulds, Animal fur/dust mites

**What can parents/carers do to avoid asthma attacks at kindergarten?**

- ⇒ Ensure that you have provided the kindergarten with an updated Asthma Action Plan
- ⇒ Ensure that you bring to kindergarten your child’s preventer/reliever medication along with the spacer
- ⇒ Ensure that your child knows how to recognise early symptoms of an asthma attack.

All our staff have undergone extensive Asthma Management Training (nationally accredited), therefore should you have any enquiries, please do not hesitate to ask.

## Laundry

A roster system will commence to assist with the kindergarten laundry.

Each family will be asked throughout the year to help by taking home some washing. This will include items such as art smocks, tea towels etc....

We take great pride in our kindergarten and ensuring that these items are clean and ready for the children’s use.

Any support that you give will be greatly appreciated.

## Sun Hats

As per our Sun Protection Policy, we are a Sun Smart Service and therefore, sun hats must be worn generally from the 1st September through till 30th of April or when the UV level reaches 3 or above.

The kindergarten will provide each child with a sunhat that will remain onsite for use at kindergarten.



## Vitamin D - What you need to know

**Vitamin D is important for bone and muscle health. Vitamin D helps the body absorb calcium and phosphate from food, which are important for healthy and strong bones.**

Only a few foods (some types of fish) naturally contain vitamin D, and it is hard to get enough vitamin D from food alone. Margarine, baby formula and some types of milk have added vitamin D, but most people only get about a quarter (or even less) of their vitamin D needs from food. Most vitamin D is made in the skin when it is exposed to the sun.

As well as causing problems with bones and muscles, there is evidence that low vitamin D is linked to other health problems including: a higher risk of bowel cancer, heart disease, high blood pressure, stroke, problems with immunity (how the body fights infections) and autoimmune diseases (including diabetes).

### Signs and symptoms of low vitamin D (or vitamin D deficiency)

Many people with low vitamin D do not have symptoms, but some children with low vitamin D get bone and muscle pain. Very low vitamin D can lead to soft bones, causing rickets in children and a condition called osteomalacia (*os-tee-oh-mah-lay-shee-ah*) in adolescents and adults. Rickets only occurs when children are growing – if a child has softer bones from low vitamin D, the bones can bend and cause 'bow legs' or 'knock knees', as well as other changes. See our fact sheet [Rickets](#).

Low vitamin D can cause low calcium, which can lead to muscle cramps in children. Low calcium can also cause seizures (convulsions or fits), particularly in young babies.

### Children at risk of low vitamin D

- Children with very dark skin. The dark colour of their skin (melanin) acts as a natural sunscreen and increases the time they need in the sun to make vitamin D naturally.
- Children whose skin is rarely exposed to the sun e.g. those who stay inside or who wear covering clothing.
- Babies born prematurely.
- Breastfed babies who have one or more of the above risk factors. Breast milk is the best type of food for babies, but it does not contain much vitamin D. A baby will get their initial store of vitamin D from their mother; so, they are at risk of low vitamin D if their mother has low vitamin D and/or if they have dark skin.
- **Children with conditions affecting how the body absorbs and controls vitamin D, such as liver disease, kidney disease, problems absorbing food (e.g. cystic fibrosis, coeliac disease, inflammatory bowel disease) and some medicines (such as some epilepsy medicines).**

### Vitamin D treatment

Vitamin D tablets or mixtures can be low dose (taken daily) or high dose (taken monthly or less often). Tell your GP if your child is taking any vitamin D tablets/medicines, as too much vitamin D can also cause problems. It is important to know that there are lots of different types of vitamin D tablets and mixtures, and some of them are very strong. It is always good to bring your child's medicine when you see the GP so they can check what your child is taking.

Low vitamin D is a long-term problem. Once low vitamin D is treated, the aim is to make sure vitamin D levels stay normal. If your child is at risk of low vitamin D, they may need may need lifelong supplements, and you need to make sure they spend enough time outside (see below).

Children with low vitamin D also need enough calcium in their diet. Aim to give them two to three serves of dairy each day (one serve of dairy is equal to one glass of milk, one tub of yoghurt or one slice of cheese). If your child has a dairy allergy, talk to your doctor or nutritionist about alternatives.

### Sun exposure and vitamin D

For most people, low vitamin D can be prevented by spending time outside.

Most Australians with light skin get enough vitamin D through the sun during normal daily outside activities. Children with light skin are at risk of skin cancer and should always use sunscreen and recommended sun protection.

Most Australians with dark skin need a longer time in the sun to make enough vitamin D – up to six times as long as someone with light skin. The colour in their skin protects them against skin cancer, but they should still avoid sunburn. Children with dark skin do not usually need to wear sunscreen during the autumn, spring or winter; however, hats and sunglasses are still important.

Visit the [Bureau of Meteorology](#) or use the free [SunSmart app](#) to find out the UV levels each day. During warmer months, when the UV-index rises above 3, incidental sun exposure (the exposure your child gets by being outside as part of their usual daily life) is often enough to maintain adequate vitamin D levels.

It is safe to be outside without sun protection in the morning and late afternoon when the UV-index falls beneath 3 (unless at high altitude or near reflective surfaces, like snow). During times with low UV-index, children should spend time outdoors with areas of their skin uncovered.

### Key points to remember

- Vitamin D is important for bone and muscle health.
- Most vitamin D is made in the skin when it is exposed to the sun. It is hard to get enough vitamin D from food alone.
- Children with very dark skin, whose skin is rarely exposed to the sun or who have certain medical conditions are at risk of low vitamin D.
- Children with low vitamin D need to take vitamin D supplements, spend enough time outside, and need to get enough calcium in their diet.
- Too much vitamin D can also cause problems.





We encourage all our families to access this information and have it available as the warmer weather approaches.

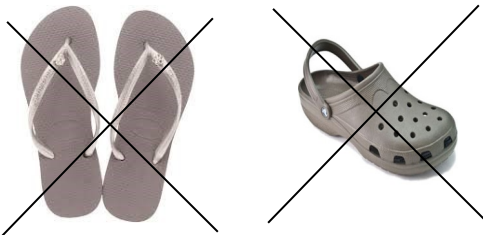
Melanoma is the sixth most common cause of cancer death in Australian men and tenth most common in Australian women.



### Footwear

As summer approaches and the weather begins to warm up, we feel it timely to remind our families that children should be attending kindergarten in sensible footwear.

For safety reasons we ask that children do not wear thongs/flip flops, high wedges (girls) or open toed shoes as this impedes running and climbing, and the ever present danger of bark imbedding itself under toenails.



### IS YOUR CLOTHING SUNSMART TODAY?

Good clothing choices for sun protection:

- Green long-sleeved shirt
- Long-sleeved shirt
- Wide-brimmed hat
- Blue skirt
- Orange t-shirt
- Red shorts
- Blue overalls

Bad clothing choices for sun protection:

- Green tank top
- Long-sleeved shirt
- Baseball cap
- Blue skirt
- White tank top
- Red shorts
- Blue overalls

For more information visit [sunsmart.com.au](http://sunsmart.com.au) or call 13 11 20