

NEWSLETTER - MAY 2018

Ngā Whetū Newsletter May 2018

WELCOME: Kelly, Tess and Nickie would like to welcome Elijah, Carys, Archie, Harper and Rosie to our programme. We so look forward to having lots of fun and learning with you all this year.

FAREWELL: We wish Rose and Kate all the best with their travels overseas. Hope to see Rose back here before it's time to go to school.

OUR NEWS: For the next five weeks Anne will be visiting the Nga Whetu on a Thursday morning. Anne is our lovely music lady who engages our children through music, movement and storytelling.

Kelly and Tess are currently undertaking a mindfulness programme for teachers, this is running throughout the year; from this we have introduced YOGA into our morning group times. The children in our programme have really embraced this morning ritual and love to join in. Our main poses include Tree, Mountain, Triangle, Star, Crocodile and Cobra; get your tamariki to show you the different poses as they are very proud of what they are learning.

If your child would like to bring their favourite book into CK to share we would love to encourage this. We have done this before and used the basket that is over by the stereo for them to store their books safely. We find that this helps to build the link between home and centre and they are very proud to be able to share something of theirs. It encourages a sense of Belonging as well as promoting/enhancing our language and literacy programme.

Mrs Bunny song lyrics. This is a very popular song in our programme!

Mrs. Bunny looks funny when she Twitches her nose,
Mrs. Bunny looks funny when she Wiggles her toes,
Two floppy ears and Two big feet,
I love Mrs. Bunny 'cause She's so neat.
Mrs. Bunny stretches,
Mrs. Bunny flops,
Mrs. Bunny hops and hops and hops and
Mrs. Bunny hops and stops!

Have a look on youtube and you can see the actions and hear the tune. We didn't know which one to share with you so thought we would just suggest you have a look yourselves.

As there is such an abundance of Feijoa's we thought we would share Nadia Lim's recipe for Instant Feijoa Ice Cream - ENJOY.

INSTANT FEIJOA ICE CREAM

SERVES: 4

PREP: 15 MINUTES + 8 HOURS FREEZE TIME (for fruit)

All you need is a food processor

- **feijoas** 500g scooped out flesh (from about 1kg whole feijoas)
Freeze til solid!
- **bananas** 2 medium-sized ripe, peeled and chopped
- **cream or natural yoghurt** 1/2 cup (dairy or coconut)
- **feijoa** 1 whole, stem removed
- **fresh mint** about 20 leaves (Optional).

Scoop and freeze feijoas and bananas overnight.

Place frozen fruit into food processor and blitz (If fruit too hard leave to thaw for a few mins before you do this step).

Chop whole feijoa and put into blender with rest of ingredients and blend til smooth. Add more cream/yoghurt if needed to get ice-cream consistency. Serve straight away. Can be frozen but no longer than 4hrs or becomes too icy to serve.

REMINDERS: PLEASE REPLENISH YOUR CHILD'S NAPPY POUCH AND LOTS OF SPARE CLOTHES IN BACKPACKS WOULD BE AWESOME - and don't forget those drink bottles.

Ka pai. Thank you. Nickie, Kelly and Tess

Comments: