

# HOPSCOTCH

Early Learning Childcare Centre & Preschool  
Otorohanga



Giving your child a jump start



Pānui

Whiringa-ā-Rangi

Newsletter

November 2014

Early Learning Childcare Centre  
11 Bledisloe Avenue

07 873 8732  
027 773 8732

Preschool  
59 Haerehuka Street

07 873 8739  
027 773 8739

Charlotte Clapcott—Licensee—email: happy1@hopscotch.kiwi

## Diary Dates

10th November: Teddy Bears Picnic (Preschool)  
5th December: Otorohanga Christmas Parade  
10th December: Children's Party for all Hopscotch families  
15th December: Santa visits Hopscotch  
16th December: End of Term 4  
23rd December: Hopscotch closes at 2pm  
7th January: Hopscotch reopens at 8am



### January Holidays

Please let us know as soon as possible if your child will be absent during January. Remember that "20 hours ECE" will stop automatically after a continuous absence of more than three weeks—on any day that your child is booked in. Full fees will be charged when the "20 hours ECE" funding stops.



### Children's Christmas Party

**Wednesday 10th December:** We will be having our annual Hopscotch disco, which will include both centres at the **Early Learning Centre**. The party will start at 6pm, there will be soft drinks provided and a sausage sizzle available for \$1.00. Who will be able to guess the correct number of lollies in the jar this year?

### Otorohanga Christmas Parade

The Preschool is planning and organising our float for the Otorohanga Christmas Parade this year. This has been set for Friday 5<sup>th</sup> December and usually starts at around 7pm. Please let us know if your child would like to be part of the parade, by giving their name to a staff member at either centre. Please see the flier in your family pocket regarding the Parade.



### A Date to Remember

Hopscotch will close at **2pm** on Tuesday 23<sup>rd</sup> December. Your children will need to be collected by 2pm at the latest so that staff can carry out the annual clean-up jobs.

Hopscotch re-opens on **Wednesday 7th January 2015**

**Your account must be settled in full before Christmas. Failure to do so could result in losing your child's booking next year.**

### Staff Updates

- \* We sadly farewelled Jo on 15th October. Jo didn't want a big goodbye so we weren't able to tell families before her departure. Jo has worked at Hopscotch for 9 years and was one of our longest standing employees. She has taken up a new position in Te Awamutu and we wish her all the best in her new position.
- \* Please welcome Leonie Uerata to the Preschool. Leonie has been working for over two years at the Early Learning Centre and has now transferred to the Preschool. Leonie holds a Diploma in Early Childhood Education and is currently working towards gaining her Practising Certificate and full registration status.
- \* Courtney will be leaving the Early Learning Centre at Christmas. She's moving to Australia to be with her partner and start an exciting new life on the other side of the ditch! We will all miss Courtney enormously and hope that she'll return to Otorohanga one day to live!
- \* Employee of the Month for October was Barb. Thank you for all your amazing work in the vegetable garden at the Early Learning Centre. All your time and effort that you've put in has made it look fantastic. We know our children and families will enjoy this new space.

### Calendars, Greeting Cards or Diaries

We are underway with this years Calendars, Greeting Cards, Diaries and notebooks as a suggested Christmas present for family and friends. The artwork is being displayed at the Early Learning Centre. Please take the time to look at them and let us know what you would like to order. All orders need to be back by the Friday **14th November** to ensure they arrive before Christmas. If you have any queries or need an extra order form please ask a staff member.

### Santa's Visit

*Monday 15th December: Santa will be visiting both Hopscotch centres. His sleigh is due at the Early Learning Centre at 10.00am and then at Preschool at 10.30 am. Please feel free to come along with your child to meet Santa. As in the past Santa will give a present to the children for the Centre.*



## "Healthy" Snack Bars Fail Test



Snack bars which are promoted as being healthy and convenient are predominantly high in sugar and saturated fats, Consumer NZ says.

The magazine tested 35 snack bars sold in New Zealand and found the majority were unhealthy. Consumer NZ chief executive Sue Chetwin said many snack bars were high-energy and should not be considered everyday eating.

Consumer NZ rated the bars using the new health star rating system which the Government introduced this year as a voluntary front-of-pack label system to give consumers an "at-a-glance" guide to the nutritional value of food.

Five stars was the healthiest ranking a product could achieve, and one was the unhealthiest. At the bottom of the table was Kellogg's Nutri-Grain Bar Original, which earned a one-star rating because it was more than a third sugar and contained high levels of saturated fat. It also contributed little, if anything, to daily fibre intake and its long list of ingredients did not include any fruit, nuts or seeds.

At the opposite end of the scale was the Quaker Nut Bar Macadamia & Apricot with 4.5 stars. It was high in total fat, but got a favourable score because it had less saturated fat, sugar and sodium than many other snack bars and it packed a fibre punch – nuts and fruit made up 48 percent of its ingredients.

**Chetwin said consumers buying snack bars should look for products with less than 600 kilojoules per bar**, which was about the equivalent of a banana.

Seventeen bars in the survey packed more than 600 kilojoules. The Bumper Bar Apricot Chocolate had 1420!

Chetwin said Consumer NZ was concerned the new rating system was voluntary as owners of unhealthy products could opt out of the system.

However, two supermarket chains - Foodstuffs, which owns New World and Pak 'n' Save, and Progressive, which owns Countdown - have agreed to use it on their home-brand products.

Sanitarium, Nestle and Griffins have also announced they will be using the health star rating system.