

LITTLE LEGENDS

EARLY LEARNING CENTRE

February News

News

Thank you for taking the time to read our first Little Legends News.

We are happy to welcome back Sandra from maternity leave and introduce Janice who will be joining Stephanie in the Nursery.

Now that school has commenced we will be offering before and after school care to Karwongbah, Undurba, Dakabin and Northpine Christian College. Please speak to Shona about a booking.

We are now taking bookings for vacation care for the school holidays between first and second terms. Remember the state school holidays begin two weeks after the Easter long weekend.

Outside play requires a hat and sunscreen. Little Legends provides the sunscreen but can not provide spare hats due to health and safety regulations. Please provide a hat marked clearly with your child's name.

Shona Martin (Director)



Up and coming events

> February is Healthy eating awareness month. You may find some interesting facts and tips below.

> Valentines Day 11th of February

OPEN DAY

Coming soon!!

Keep your eye
out for more
information
on our
open day



Jokes and Quotes

Sid: The doctor told me to drink carrot juice after a hot bath

Sam: Did it help?

Sid: I don't know, I never finished drinking the hot bath.

Human beings are the only creatures who allow their children to come back home!

Bill Cosby.

Little Legends Birthday Celebrations

Whitney – 2

Miss Steph

and to any parents who will be celebrating their Birthday this month.

Have a wonderful Day!

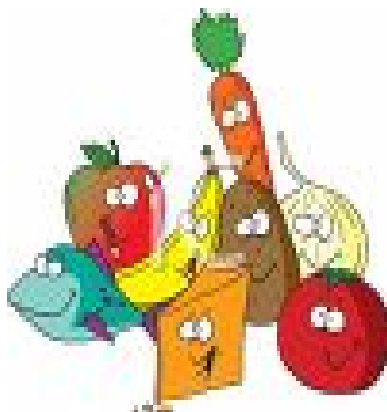
Healthy Eating - tips for healthy lifestyles

Why eat well?

As the saying goes, you are what you eat ...

Our bodies are made up of the food and drinks we consume, so it's important we eat well to enjoy good health.

Good food is essential for healthy growth and development of infants, children and young people. Healthy eating resists serious illnesses and infections such as type 2 diabetes, heart disease, stroke and some types of cancers. It will assist your bodies in healing and to keep bodily functions working and keeping active.



www.eatwellbeactive.qld.gov.au

To maintain a healthy and balanced lifestyle the follow should be included in your day to day life:

- > A wide variety of nutritious food.
- > Plenty of breads and cereals (particularly whole grains).
- > Vegetables, legumes (such as chick peas) and fruit.
- > Low salt food and use salt sparingly.
- > Small amounts of foods which contain added sugars.

