



TEA TREE GULLY TOY LIBRARY

Newsletter Term 1, 2016

LONELY HEARTS CLUB

Wow, what wonderful holidays we have just had! With the combination of the extra week, mild weather and a variety of activities to choose from, who could have been bored? We hope that you've started the year feeling energised also? We look forward to the year ahead, meeting new members, seeing new toys and of course connecting with you, our ongoing members.

A new project we have in place this year called "Lonely Hearts Toys". Any toy you find with the "I love my Toy Library" sticker on it can be taken as an extra toy. These are toys that don't get

borrowed as often as they



should. Give them a go, you might be surprised! Just a reminder that fees are now \$35. This helps cover the increase of rising costs to the toy library. Fees are due throughout the year and we will let you know prior to your membership being due. Thank you for your understanding.

During the holidays, Lyn and some dedicated helpers went through the toy library and had a

"Summer" clean out. This is to make room for the new toys and to create some space for the collection we already have. Some of the old toys are now for sale (near the second computer). Any money raised from their sale will allow us to buy new toys in the future.

We look forward to the year ahead, learning new things and opening up the world of play for you and your children. Have Fun!



UPCOMING FUNDRAISING EVENTS!

Due to their popularity last year, we are taking part in both the People's Choice Community Lottery and coming soon, Entertainment Books. To win the Early bird prize of a Hyundai Accent, there are online tickets for sale from 1.2.16–31.3.16. Paper tickets will be available from 1.4.16.

If you help us out by taking a booklet, the booklet has to be returned by 31.8.16. Tickets are \$2. These are our main fundraisers for the year, they are a great way for local organisations, such as the toy library to obtain 100% of the ticket sales. Money raised in both of

these fundraisers will be focused on buying new toys for the toy library. We hope you will keep us in mind when making any donations!



Tea Tree Gully Toy Library

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School Holiday Closure

The Toy Library will be closed from Thursday April 14th at 3pm and will re open Tuesday May 3rd at 10am

THANKYOU TO OUR SPONSORS & SUPPORTERS



www.goldengrove.rotaryaust/org



S & S ELECTRICAL SAFETY SERVICES
M: 0424 134 425
E: sandsess@tpg.com.au

Please support these organisations

HIGH FIVE FOR GETTING ACTIVE

There's still plenty of warm weather and Day Light Savings to go this term, so we should all take the opportunity to get active. Getting active with kids is a good way to promote habits of a life time and even remind ourselves along the way. The risk of becoming overweight is increased in kids and adults that don't exercise regularly. Being overweight can lead to diseases such as :heart disease, type 2 diabetes, high blood pressure and high cholesterol.

Getting active helps to:-

- * Grow and develop healthily
- * Build strong bones and muscles
- * Improve balance and develop skills
- * Maintain and develop flexibility
- * Achieve and maintain a healthy weight
- * Improve cardiovascular fitness
- * Reduce stress and feel more relaxed
- * Improve posture
- * Boost confidence and self-esteem
- * Have fun with their friends and make new ones



Kids should be encouraged to do at least 60 minutes of exercise a day. There needs to be a variety of exercise which includes "strengthening" exercises i.e. running, jumping or climbing as well as strenuous activities to make them "huff and puff"

Tips to be more active

- * "Be a good role model and have a positive attitude to being active".
- * Be encouraging, make suggestions that include physical exercise - "Let's take a ball to the oval and have a kick"
- * Take time as a family, to be active i.e. take the dog for a walk. Walk along the beach.
- * Buy gifts for the kids that inspire active play - soccer balls, cricket sets, footballs, roller skates or kites.
- * "Always park further away from your destination" - Take the chance to walk whenever you can. Not only is it good for everyone, sometimes it can be used as a learning experience.
- * Try different sports and activities—there are so many to explore and not everything suits everyone.

* Build up the amount of exercise that kids do, it's better to start off slowly and add more gradually.

- * Encourage kids to "keep moving". There should be less than 2 hours of screen time a day. The more sitting we do, the easier it is to become overweight.

The toy library has many toys that are dedicated to active play. They are mostly found on the back wall opposite the volunteer's work desk. Our toys offer a wide variety of options for every age, ability or fitness level. Some examples:-

- * **6+ months-** Swings
- * **2-4 years** -Tunnels, aqua play, baseball/golf sets, bikes
- * **5-10 years** -Hop scotch set, giant stepping stones, roller boards, catching &juggling set, Russian cart, Frisbee throw

There are also 2 party games kits (in Party Hire) with games for groups.

[Www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



OUT OF PRINT

As a small "not for profit" business the toy library largely relies on help from funding, sponsors, fundraising, donations and any help we can get. We would love the community to become more aware of

our wonderful toy library, however to do this, we need more flyers. We can not cover the estimated cost alone. If any of our members are printers or know printers who might like to help a worthy

cause, we would love to hear from you.



LET'S ASK THE KIDS....



Snakes and Ladders Mat

It's very big and you use lids. It's my favourite game. Claudia, Aged 4

Would your child like to "review" a toy library toy?

We would love to hear from the experts so please send us in their quotes. You could include a photo of the children enjoying the toys or a wonderful creation they have made.

Talking globe- it has activities to play and sings music. I can find Australia. Claudia, Aged 4



NETTING A BARGAIN!

We are often asked where we buy our netting? Well we've brought the netting to you. For \$1 a metre, we are happy to sell you some of ours. Netting has so many uses. Keeping toys together is a useful one. It can also be used to keep toys in the bath, (so they drip

dry), to store onions or fruit or even hang bulbs in the shed. There are probably many uses that could be explored. If you've got the ideas, we've got the netting!

