



# Glenhaven Private Preschool Newsletter

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## WELCOME

Welcome to all parents and children. We hope everyone has had a very happy Christmas and we look forward to an exciting year ahead.

During the first couple of weeks at preschool, we aim to settle all children into the programme and general routine. For most children going to preschool for the first time is a very daunting experience and we would like them to feel secure and happy. This settling in can be very easy for some children, or for others it may take a bit longer. If your child is upset about going to preschool, be positive about the experience, bring your child into the centre, put away bags, morning tea and lunch boxes, drink bottles and sign your child in. Then take him/her to their group room where their educator is involved, stay for a few minutes, say a quick goodbye and leave promptly. From experience children settle much easier if this routine is followed. Please phone us as often as you like, to check on your child's progress. We would much rather you did this than worry all day.

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## FACEBOOK

Glenhaven Private  
Preschool  
Facebook Page.  
Like us on  
Facebook  
for our latest  
updates, news  
and reminders.

## DATES TO REMEMBER

Monday 29<sup>th</sup> January  
Term 1 Commences

Tuesday 13<sup>th</sup>  
February  
Meet Your Teacher  
Night

Wednesday 28<sup>th</sup>  
March  
Thursday 29<sup>th</sup> March  
Easter Concerts

Friday 30<sup>th</sup> March  
Good Friday

Monday 2<sup>nd</sup> April  
Easter Monday

Friday 13<sup>th</sup> April  
Last day Term 1

Tuesday 25<sup>th</sup> April  
Anzac Day

## NEWS TIME



Soon we will be starting news time during our language group time. Your child can bring in an item of interest for news. Please name the item and put it in the News Basket located in the locker room. The News Baskets are labelled "Wombats", "Koalas" and "Kangaroos" and are located in the locker room. We do not allow children to play with their news items during the day as things can get lost or broken. News can also include just 'talking news' about an event that has occurred of interest to your child.



## PRESCHOOL HOURS

### IMPORTANT - PRESCHOOL HOURS ARE 8.30am–3.30pm

**Children are not allowed on premises prior to 8.30am and after 3.30pm** unless they are booked into Before and After Care.

Children who are registered and pay for an early start, will be supervised by the 'Early' Educator in her room. Same will apply in the afternoon. The sign on book will be available in the 'Early' room. It will be in the locker room from 8.30am.

We are offering Before and After Care for those wishing for longer hours. Please note these extended hours are booked in on a term by term basis.

Preschool Hours	8.30am – 3.30pm
Before Preschool Care	8.00am – 8.30am
After Preschool Care	3.30pm – 4.00pm

In the afternoon, children are to be signed out when you leave preschool, not when you arrive to pick them up. So please gather all their belongings, then sign out when you and your child/children leave.

**EMAIL ADDRESS**

We use email to communicate with our families. Could you please keep us up to date with any changes with your email address.



**EMERGENCY EVACUATION**

In the event of an emergency evacuation, our evacuation safe place is Bernie Mullane Sporting Complex, 10 Marella Avenue, Kellyville.



**INFORMATION SHEET**

To assist with better communication between home and preschool, Information Sheets will be sent home throughout the year for teachers to gain a better understanding of the children. Your assistance in completing these sheets will be appreciated.

**LENDING LIBRARY**

The lending library is located outside the Locker Room. The lending library will begin in Term 1. All children are eligible to borrow 'Beginning to read' books each week, assisting in the development of early literacy skills and allowing parents to become actively involved in their child's literacy development. Please follow the directions for borrowing books. Please care for our books. Children must have a library bag. To be fair to all, please borrow **one** book at a time and return it before borrowing another book. Please see teachers for details.



**MEET YOUR TEACHER NIGHT**



A Meet Your Teacher and Information night for new and existing parents will be held on Tuesday 13<sup>th</sup> February.

The night will provide you with an opportunity to meet your child's teacher, see their classroom, learn our new daily routines and expectations. It will allow you to ask questions and meet other parents.

**PLEASE NOTE THIS NIGHT IS IMPORTANT INFORMATION NIGHT FOR ALL FAMILIES**



### **SIGNING IN AND OUT**

You must sign your child in EVERY morning and sign out EVERY afternoon. This is a safety issue.

Please sign in as soon as you arrive on the premises each morning. When picking up your child/ren in the afternoon, please gather all their belongings then sign out just before leaving the preschool.

### **FEES**

**Fees are due in advance, at the beginning of the term.** We would like to thank the families who continually pay their fees on time. If payment is not finalised by week 4, we may not be able to guarantee your child's position for the following term. You may also be asked to withdraw your child.

**It is important that you keep your receipts as proof of payment and for claiming the Child Care Rebate. Reprints of invoices and/or receipts will incur a fee of \$20 per reprint.**

### **EDUCATORS AND GROUPS**

Kangaroo Monday, Tuesday, Wednesday - Miss Pauline  
Kangaroo Thursday, Friday - Miss Maro

Koala Monday, Tuesday, Wednesday, Thursday, Friday - Miss Eliza

Wombat Monday, Tuesday, Wednesday – Miss Tracy

Wombat Wednesday, Thursday, Friday - Miss Emma

Wombat Monday – Miss Kellie

Wombat Tuesday, Thursday – Miss Chris

Assistant Educators Miss Amanda, Miss Donna & Miss Mel



## OUR PROGRAMME



Term 1 is very much a time of getting to know new friends and sharing many experiences with them. We are looking forward to lots of fun and exciting learning as we settle into our new groups, get to know our Educators and learn about our pre-school routine. We will be concentrating on Exploring Preschool, learning about rules and routines and socialising with our friends. We will also be engaging in numbers, literacy, colours, shapes, self help, hygiene and creative experiences. We will be learning through stories, discussion, craft, fine motor, gross motor, games and music.

Every day the creative experiences, construction equipment, puzzles, pre-writing, outdoor play activities, music, movement and stories are varied to cater for the different needs and interests of the children. Our aim is to establish an environment that is stimulating and has an educationally sound programme for your child, which will include a wide variety of experiences. We also are keen to provide a safe, secure and happy centre, which will benefit all children. As we get to know your child a little better, we will be able to provide experiences that are based on individual interests and needs.



## GROUPS

All children are separated into three groups for language time which also includes music, pre-writing and news time. It is in the best interests of the children to be separated from their siblings at group time. This helps the children to develop in many ways particularly social skills and independence. The groups are: Wombats (includes younger and not going to school children) and the Koala and Kangaroo Groups (older children groups).



## DAILY JOURNAL

Daily activities are available to be viewed through the QIKKIDS My Family Lounge Link. To set up an account please use the following link: <https://www.qkenhanced.com.au/webui/Account/Embeddable/?databaseId>  
If it's not available at 3.00pm, look for it that evening. Please ensure we have your current email address.

Please see Miss Eliza to connect to your child's portfolio online.

## **IMMUNISATION**

### **National Quality Framework Immunisation Register**

As you are aware, Child Care Services are required to work under the NQF guidelines.

One of the guidelines is to establish an Immunisation Register. To do this ALL PARENTS must provide us with a copy of their child's immunisation history or Immunisation Medical Exemption Form.

The NSW Parliament has passed a Bill to amend the Public Health Act to strengthen vaccination enrolment requirements in child care (also known as early childhood education and care).

### **Documentation Families are required to provide upon enrolment**

From 1 January 2018, parents must provide a copy of one or more of the following documents to enrol in a child care centre:

an [AIR Immunisation History Statement](#) which shows that the child is up to date with their scheduled vaccinations or

an [AIR Immunisation History Form](#) on which the immunisation provider has certified that the child is on a recognised catch-up schedule (temporary for 6 months only) or

an [AIR Immunisation Medical Exemption Form](#) which has been certified by a GP.

No other form of documentation is acceptable (i.e. the Interim Vaccination Objection Form or Blue Book).

### **How do parents access an AIR Immunisation History Statement for their child?**

Parents automatically receive their child's AIR Immunisation History Statement in the mail after they complete their immunisation schedule (sometime after 4 years of age).

A copy of their child's immunisation details can also be obtained at any time by:

using their Medicare online account through [MyGov](#)

using the [Medicare Express Plus App](#)

calling the AIR General Enquiries Line on 1800 653 809

Children that are already enrolled at the centre that are conscientious objectors will not be affected by these changes.

## **BUSH LEARNING CENTRE**

We are excited to introduce our Bush Learning Centre. The Bush Learning Centre is a unique and wonderful learning opportunity for children to establish more environmental awareness. This is in keeping with STEM philosophy (Science, Technology, Engineering and Mathematics) of encouraging children to learn through the natural environment, by children learning through their own exploration and curiosity.

Children and educators work together to participate in learning experiences in our bush area which is on the preschool property. This area is developing into a wonderful learning space where children and educators engage in meaningful learning opportunities that are flexible and open-ended. It is wonderful to watch the children engage with nature and all the natural resources on offer. Open discussions are promoted with educators and children alike sharing their ideas and interests.

The children love being out amongst the bush and looking for objects and insects. They have also discovered the small creek that runs at the back of the property, allowing them a great opportunity to explore the habitat and the vegetation that grows along the creek.

The natural environment provides many learning opportunities not available indoors. Some children engage more with this type of environment as it feels less restrictive, more spontaneous and provides a calmer learning environment. Under careful supervision, the children are becoming more confident in taking risks, becoming resilient and problem solving.

We believe that by providing a variety of experiences, children become confident and involved learners. We always aim to provide children with a safe, secure and stimulating environment.

**So many wonderful learning opportunities on offer in our bush learning centre!!!!**

**All children must have their own pair of gumboots to leave at preschool.**





## SUN-SAFE



Our policy states that parents are to apply sunscreen to his/her child before attending preschool.

**HATS** Children are required to wear sun-safe hats that protect their face, neck and ears.

bucket hats with a deep crown and brim of at least 5cm (adults 6cm)

broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm)

legionnaire style hats.

*Please note that baseball caps and visors are not sun-safe hats.*

**CLOTHING** Children are *required* to wear sun-safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

loose fitting shirts and dresses with sleeves and collars or covered necklines

longer styles skirts and shorts

*Please note that midriff, crop and singlet tops are not sun-safe clothing.*

Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with spare clothing.



## FOOD

### Morning Tea and Lunches



Please put into separate containers/bags and clearly label with your child's name. These items are then placed into the large morning tea and lunch boxes in the Locker Room. Staff will assist your child to unwrap their food and peel/cut-up fruit. Please provide food in EASY TO OPEN containers. We cannot heat any food items.

Please provide **only** healthy food. Do not send chips, lollies or sweet pre-packaged foods.

**Food that needs to be refrigerated should be taken out of the lunch container/bag and clearly labeled with your child's name. It will then be given to your child with the rest of his/her lunch. As space is very limited, we cannot put lunch containers in the fridge drawer – only the wrapped food or yoghurts etc.**

Please **DO NOT** put **morning tea** items in the 'esky' as the locker room stays cool until morning tea time and it is not necessary to refrigerate this food.

**Water bottles – water only** is permitted in drink bottles. Do not send juice or cordial. Water is offered at preschool at morning tea and lunch. **DO NOT** send poppers to preschool.



## Fact Sheet

# HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

### Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.



All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.

#### LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit *occasionally* – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)

### Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

#### LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta

### Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

#### LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognese sauce, stirfry with tofu

### Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

#### LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)

For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



Health

## Fact Sheet

# HEALTHY LUNCHBOXES CONT.



### Water

Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe so you do not need to buy bottled water.

#### LUNCHBOX IDEAS:

- freeze a water bottle overnight; it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty



#### TIP:

Don't pack too much food or too many choices, as this may be overwhelming for a young child. You only need to provide enough food and drink for 1 snack and 1 main meal. If your child is at the service for extended hours, pack enough for 2 snacks and 1 main meal.

### Food and drinks to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweet foods can also cause tooth decay.

#### Sticky or sweet foods:

- lollies, chocolates, jelly cups
- cakes, doughnuts, sweet muffins
- plain sweet/cream-filled biscuits
- muesli /cereal bars
- fruit bars and fruit straps

#### Salty, high fat foods:

- potato chips
- corn chips
- cheesy balls, twists
- small oven-baked savoury biscuits
- devon and salami

#### Sweetened drinks:

- cordial and soft drink
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best not to pack these 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a very small portion only.

**Note about food allergies:** Some services may ask families not to pack specific foods to ensure a safe environment for children with severe food allergies. Please discuss these needs with your service staff.



For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### REST TIME – WOMBAT GROUP

As you know your child is required to bring a fitted sheet for rest time. New regulations state the sheet needs to be in good condition and the sheet stays fitted covering the bed during rest time.

Please no big pillows, blankets or pillow pets (nothing bulky). One small soft toy only.

Clearly label bed sheet and bag – **large permanent lettering** preferred.

Sheet bag to be placed in sheet box on your first morning and left until your last day of the week.



### CLOTHING

Please clearly label everything your child brings to preschool with their name, especially hats and shoes. Please ensure your child/ren are dressed in sensible, non-restrictive clothing that CAN get dirty! Footwear should allow children to play, climb, dance, ride bikes etc., without causing accidents. Thongs, crocks, high-heeled shoes and boots and backless shoes can be very dangerous in a preschool environment as they do not allow a child to play properly. We like to see all children having fun and not worrying about their clothing.



### SCHOOL TERMS AND PUBLIC HOLIDAYS 2018

Term 1	Monday 29 <sup>th</sup> January to Friday 13 <sup>th</sup> April Friday 30 <sup>th</sup> March – Good Friday Monday 2 <sup>nd</sup> April – Easter Monday Tuesday 25 <sup>th</sup> April – Anzac Day
Term 2	Monday 30 <sup>th</sup> April to Friday 6 <sup>th</sup> July Monday 11 <sup>th</sup> June – Queen’s Birthday
Term 3	Monday 23 <sup>rd</sup> July to Friday 28 <sup>th</sup> September Monday 1 <sup>st</sup> October – Labour Day
Term 4	Monday 15 <sup>th</sup> October to Wednesday 19 <sup>th</sup> December

## **CHILD CARE BENEFIT INFORMATION**

### **Can I get Child Care Benefit (CCB) if I use registered care?**

Yes, if you are eligible and you and your partner meet the work, training, study test or have an exemption.

To receive CCB, however, your carer must be registered with the Department of Human Services.

### **Can I get Child Care Rebate (CCR) if I use registered care?**

No, you must use CCB approved child care to meet the CCR eligibility requirements.

### **Table 1: Registered Care Child Care Benefit Rate for 2017-18**

**Note: The registered care rate for a school child is 85 per cent of the rate for a non-school child.**

<b>Registered Care Child Care Benefit Rate</b>	<b>2017-18 Financial Year</b>
<b>Hourly rate for a non-school child</b>	\$0.719
<b>Maximum rate of CCB for 50 hours of care per week for each child</b>	\$35.95

### **How do I get CCB for registered care?**

To get your CCB, take your child care receipts (given to you by your registered carer) to the Department of Human Services and complete the [Claim for Child Care Benefit for Registered Care Form \(FA018\)<sup>\[1\]</sup>](#). The Government will pay your CCB into your bank account after you submit a claim.

Your carer cannot receive CCB on your behalf.

You must claim your CCB within 12 months of when the care was provided.

If you use a combination of CCB approved care and registered care you need to claim CCB separately for each type of care.



Whose Child is this?  
Author Unknown

'Whose child is this?' I asked one day  
Seeing a little one out at play  
'Mine,' said the parent with a tender smile  
'Mine to keep a little while  
To bathe his hands and comb his hair  
To tell him what he is to wear  
To prepare him that he may always be good  
And each day do the things he should'

'Whose child is this?' I asked again  
As the door opened and someone came in  
'Mine,' said the teacher with the same tender smile  
'Mine, to keep just for a little while  
To teach him how to be gentle and kind  
To train and direct his dear little mind  
To help him live by every rule and get the best he can from school'

'Whose child is this?' I ask once more  
Just as the little one entered the door  
'Ours' said the parent and the teacher as they smiled  
And each took the hand of the little child  
'Ours to love and train together  
Ours this blessed task forever.'