



# Glenhaven Private Preschool Newsletter

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## WELCOME

Welcome back. We hope that everyone had a happy and safe holiday and are well rested for our busy term ahead.

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## FACEBOOK

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

## DATES TO REMEMBER

Wednesday 8<sup>th</sup> August  
Binwise Information Session

Wednesday 22<sup>nd</sup> August  
Nature's Recycler Information  
Session

Wednesday 5<sup>th</sup> September  
Litter Litter Information Session

Monday 17<sup>th</sup> September to  
Friday 21<sup>st</sup> September  
Sausage Sizzle Week

STEPS Eyesight Screening  
Tuesday 25<sup>th</sup> September  
Wednesday 26<sup>th</sup> September  
Thursday 27<sup>th</sup> September

Last day Term 3  
Friday 28<sup>th</sup> September

Preschool Resumes  
Monday 15<sup>th</sup> October

## OUR PROGRAM

Welcome to Term 3!

This term, in the Koala and Kangaroo groups, we will continue reinforcing skills vital to all stages of school readiness, with a variety of learning experiences that reflect the children's development. We will, in particular, continue reinforcing important skills such as early literacy and the development of social interaction skills such as turn taking, problem solving and communication.

Planning both educator directed and spontaneous topics will be based on the observations and interests of the children and linked to the ELF Outcomes.

In the Wombat group, we will continue to provide age-appropriate experiences. As the year has progressed, so has their confidence and we will now continue to enhance their learning journey.

**Kangaroo and Koala News** – We would prefer interesting/telling news rather than toys at this stage of the year. Consider photos, favourite books, family activities undertaken. Written points on paper and put in news basket with child's name will be helpful.

**Wombat News** Welcome to all our new families this term. We've changed the News time roster a little due to several new children. Please check the new News time roster to check on your child's allocated day.

To reinforce all the wonderful learning taking place in our rooms, there are a number of experiences that can be easily undertaken at home with your Kangaroo, Koala or Wombat. These include:

**Borrowing early reader books** from the lending library and reading the book each night with your child.

**Playdough manipulation** is wonderful for all fine motor skills.

**Counting objects** around the house such as pegs with your child.

**Drawing, tracing, colouring** and practising our names.

**Cutting activities** (please supervise and use child safety scissors). Provide old magazines or lines and shapes drawn on paper to cut out.

**Playing games** remembering being able to lose is an important school readiness skill.

**We look forward to another busy, happy term.**

Miss Pauline, Miss Maro, Miss Eliza, Miss Emma, Miss Tracy,  
Miss Mel, Miss Donna, Miss Amanda and Miss Davina.



## **BUSH LEARNING CENTRE**



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.

This area is developing into a wonderful learning space where children and educators engage in meaningful learning opportunities that are flexible and open-ended. Some children may feel less restricted allowing them to be more spontaneous while engaging in a calmer learning environment.

Under careful supervision, the children are becoming more confident in taking risks, becoming resilient and problem solving.

We have introduced 'fire' as part of our outdoor learning experience. Safety issues have been discussed and the children have responded positively to this experience which included making a small fire in the fire pit and cooking marshmallows. The children have also suggested many more things to cook during this term.



## SAUSAGE SIZZLE WEEK

This was a wonderful time for the children. We discussed the project in East Timor and our children were fascinated by the photos of the community where the money raised goes towards the education of preschool children. There were many interesting questions asked and we feel it is important for our children to be aware of others less fortunate than themselves. Thank you to everyone who donated to this very worthwhile project and to those who gave a little extra towards East Timor's preschool donation. We raised \$532.05.



## **OUR PROGRAM**

Our Preschool program starts from 8.30am each day. Could you please ensure your child is here on time so they can enjoy the morning program, including Art and Craft experiences and the planned outdoor activities. Also, socially this is an important time playing with their peers. Your child will greatly benefit from the effort of arriving on time.

During this term, the Preschool educators may at times include extended outdoor activities, in both the mornings and afternoons. This is in accordance with the SunSmart Recommendations for Childcare Services.

## **CONNECTING WITH FAMILIES**

**Monday 6<sup>th</sup> August to Friday 10<sup>th</sup> August**

During this week, your child's Portfolio will be available to view with their summative assessment. This is an opportunity to have a glance at your child's progress this year. Please be aware, staff must be supervising all children as normal during these times.

### **Viewing times**

8:00am to 9:30am and 2:00pm to 3:30pm

Observations will also be available to view on the QIKKIDS My Family Lounge. Please speak to your child's educator if you are not able to access observations.

## **STEPS STATEWIDE EYESIGHT PRESCHOOLER SCREENING**

This program is an initiative of the NSW Ministry of Health. We are offering a free Vision Screening assessment to children who are attending school in 2018.

Please return your form with your preferred day, Tuesday 25<sup>th</sup>, Wednesday 26<sup>th</sup> or Thursday 27<sup>th</sup> September.

## **BOOK FAIR**

Thank you to all the parents for the support of our annual book fair and to all those who donated books to our preschool. The children love to see their names inside the cover. \$2,264 of books were bought and our preschool receives 30% of sales in books. A HUGE thank you to the parents who generously gave their time to cover our new books.

### CLOTHING

Please label clearly all items of clothing including shoes, hats and in particular socks. Please use a laundry marker, permanent pen or labels. Even initials help to identify the owner. Children are losing socks and the staff do not know which pair of socks belong to which child. We have over 60 pairs of shoes and socks a day as well as clothing – ALL ABOUT THE SAME SIZE!!

### REST TIME

Rest Time is a policy of our preschool. “Children need restful periods during the day” as explained in our Policy. They do not have to sleep but they do need to rest. Stories are read to your child, and music and stories are played during this rest period. The teachers use rest time to evaluate the day and your child’s progress. Your child may bring a small soft toy for rest time. Beds are available for younger children and other children wishing to sleep. Older children engage in quiet experiences during this time.

### TOYS AT PRESCHOOL

Please do not allow children to bring toys in from home. Soft cuddly toys for rest are permissible. Other toys should not be brought to preschool unless it is part of their news and should be placed in the news basket. Too many toys are being lost or broken and children are becoming upset.

### REFRIGERATED FOODS

Only **LUNCH** items that need to be chilled are to be put in fridge drawer, e.g. wrapped sandwich or yoghurt clearly labelled with child’s name.

**Please DO NOT put lunchboxes and fridge bags in drawer. We do not have the space to refrigerate WHOLE LUNCH BOXES AND BAGS.**

Staff will add chilled items to your child’s lunchbox at lunchtime.

**DO NOT** place morning tea items in fridge drawer.

Can you **please** check your **child’s lunch box is clearly labelled**. There are many boxes that are exactly the same without a name on them. Thank you.

### **PRESCHOOL HOURS**

Preschool Hours 8.30am – 3.30pm

Before Preschool Care 8.00am – 8.30am

After Preschool Care 3.30pm – 4.00pm

**Please Note:** No children are permitted on the premises before 8:00am.

We are licenced from 8:00am to 4:00pm.

### **FEES**

As you are aware **fees are due at the beginning of each 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. If you are making part payments, these also need to be paid in full by Week 4 (**not the end of term**).

If you are experiencing genuine financial difficulties, please discuss them with our Preschool Director.

When paying by EFT, please type your **child's full name** in the description to ensure we know who has made the payment. It is important that you keep your receipts as proof of payment and for claiming the Child Care Rebate.

**Reprints of invoices &/or receipts will incur a fee of \$20/reprint.**

### **IMMUNISATION HISTORY**

Please remember to keep us up to date with your child's Immunisation History. Under the NSW Public Health Act 2010, a record must be provided to attend preschool. You can obtain one at anytime by contacting Medicare.

Telephone 1800 653 809

Email [acir@medicareaustralia.gov.au](mailto:acir@medicareaustralia.gov.au)

Online [www.medicareaustralia.gov.au/online](http://www.medicareaustralia.gov.au/online)

In person at your local Medicare office, Centrelink office or Child Support Service Centre.

### **STAFF NEWS**

Miss Kellie has left us due to personal reasons. We wish her all the very best for the future.

On a very exciting note we would like to take this opportunity to say Congratulations to Miss Emma who is expecting her third child during January 2019!!!!

## Fact Sheet

# EAT MORE FRUIT AND VEGETABLES



Eating fruit and vegetables every day will help your child grow strong and healthy. Children aged 2-3 years should eat 1 serve of fruit and 2.5 serves of vegetables and children aged 4-8 years should eat 1.5 serves of fruit and 4.5 serves of vegetables, each day. (Approximately half of these amounts for toddlers aged 1-2 years).

### What is a serve?

#### 1 serve of fruit is:

- 1 cup of canned or chopped fruit or
- 1 medium piece of fruit such as apple, banana, pear or
- 2 small pieces of fruit such as apricots, mandarins, plums, kiwi fruit or
- 1½ tablespoons of dried fruit, only occasionally

#### 1 serve of vegetables is:

- 1 cup of salad vegetables or
- ½ cup of cooked or raw vegetables (such as broccoli, carrot, peas, beans) or
- 1 small potato
- ½ cup legumes (such as lentils, chickpeas or kidney beans)

### Tips to get your child eating more fruit and vegetables

- Cut up the fruit and vegetables so it is easy to eat.
- Offer a range of fruit and vegetables to try.
- Offer fruit and vegetables in different ways, such as raw, sliced, mashed, baked or grated.
- Try canned fruit or small amounts of dried fruit.
- Offer fruit and vegetables alongside foods your child already enjoys.

### Children may need to try new foods many times before they will like them.

Tasting and learning about new fruit and vegetables is the best way for young children to become more familiar with them. You may feel like giving up if your child rejects them the first few times, but keep offering as it may take 10-15 times before they start eating them.

### Easy ways to eat more fruit and vegetables each day

- Put fruit on breakfast cereal.
- Add extra vegetables to casseroles, bolognaise, stir-fry, curry or home made pizzas.
- Pack sliced fruit and vegetable sticks in the lunchbox.
- Make a smoothie with fresh, canned or frozen fruit.
- Serve fresh fruit with yoghurt or custard.
- Try a small cob of corn or mug of thick vegetable soup for a snack.
- Put salad on sandwiches and wraps.
- Try avocado and tomato on crackers.

### Try to make fruit and vegetables part of every meal or snack

- Eat plenty of fruit and vegetables yourself. When your child sees you eating these foods they will want to try them too.
- Grow some vegetables in the garden and let your child water and look after them.



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



SHIPN (CPH) 150020





### **Just A Thought**



It's not only our children who grow.  
Parents do too.

As much as we watch to see what our children do with  
their lives, they are watching us to see what we do with  
ours.

I can't tell my children to reach for the sun.  
All I can do is reach for it, myself.

Joyce Maynard

### **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