

April 2019

This issue –

1. Introduction
2. Friendly reminders
3. Events
4. Parent Visiting Roster
5. News from the Kookaburras and Emus, including balancing activity, sleep, screen time

1. Introduction

Father's Night brought the children to preschool "in the night", this outing with daddy bringing great joy and excitement to the children as they



became "the preschool experts" showing daddy what to do, while introducing him to new friends and us.

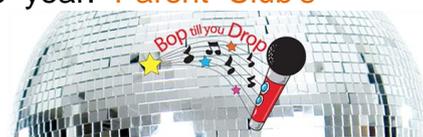
We delighted in meeting dads who could join us while fully experiencing the children's pleasure. **This event was just one of many successes in term 1. We thank you** for working with us to ensure we were in touch with the unique qualities and needs of your children as we guided them through settling into preschool life, to feel safe, secure and supported while here.

We have -

- Gratefully received your **Being Belonging Becoming Forms** to use as our guide for supporting your child through the many and significant adjustments associated with a smooth, calm, flow from home to preschool and then back home in the afternoons. We would still

appreciate receiving unreturned forms.

- Watched the children proudly display their **family photos** to be then shared with friends over and over. If you haven't provided a photo yet, we would love to add yours to our collection.
- Supported, guided and nurtured the children as they continue to settle into preschool life, so they can feel a **sense of belonging**, trust and security with us and their new friends, away from home.
- **Enjoyed meeting** and beginning to get to know you and your family.
- **Shared** the joys, ups and downs, challenges, excitements, disappointments, delights and surprises of learning about your children and growing a group with them, each group having a uniqueness that comes from how individuals come together and work together.
- **Formed our** Management Committee for the year while patiently waiting for Parent Club to take shape so we can have social and fund raising events during the year. **Parent Club's first event is the disco on April 12.** Come along to dance the night away with "Bop Til You Drop".
- Begun to plan our **Calendar of Events** for the year. Attached to this newsletter.



- Celebrated birthdays, school photos and Chinese New Year with Easter coming up soon.
- Worked together to benefit the children, keeping in mind promoting resilience each and every day, makes it so much easier for them to go out into the world with confidence, ready to embrace all that happens in a day with a positive intent and attitude.



- Successfully employed Tracey Griggs as the Monday/ Tuesday/ Wednesday teacher in the Kookaburra Room from April 29, the first day of term 2. With Tracey joining our team, I will be working in the office full time while Rebecca will continue with us as a casual teacher.

Plus we employed Daniela Cimino as the full time diploma qualified educator in the Emu room from early term 2. A big thank you to Tanja for her support each day between 10.30am and 2.30pm which will continue in term 2 and also to Rita, Gozal and Beth our ever reliable casual educators who have reliably enabled us to provide quality of care while employing new staff.



Wow, what a great term it has been!

School holidays commence on Friday April 12 and we return for term 2 on Monday April 29.

Have fun!!! We wish you the happiest of term breaks, which include Easter and Anzac Day. Enjoy every moment.

Bye for now
Rhonda

2. Friendly Reminders

- When filling out slips and paying for special events, could you please place the slips and money in an envelope, marked with the event name, plus your child's name, then place the envelope in the box in the foyer, in the slot marked with the event name. (Zip lock bags work well too).

Please note that educators are not responsible for managing event enquiries, these need to be directed to Theresa in the office or the contact person named on the form.

- Library for the children will commence on Tuesdays and Fridays in term 2. Please place your child's library bag (marked with his/her name) in his/her locker in the space already used for their hat. (library bags are available from the office for \$6.50).



- In term 2 we will commence the winter program, which means, we may begin to stay inside in the cool of the morning to then go outside after morning tea when the sun is warm and the grass is dry from the dew. Please send a jacket for cool times and t-shirts on for warm times through autumn. (Preschool sloppy joes are available from the office for \$22 in purple, red



or blue)

➤ Sun screen will not be applied on arrival but after morning tea, by the children.

➤ Our Educational Leader for 2019 is Rhonda at present, but this may change once our new staff are employed. The Educational Leader role is a requirement of the National Regulations and National Quality Framework (NQF) and Standard (NQS) that guides our practice. It is a vital "hands on," learning everyday role.

As part of the role, the Educational Leader will work with the educators to-

- implement our cycle of planning effectively and adjust it where felt valuable.
- ensure our documentation captures each child's participation and learning meaningfully.
- Develop and grow her own skills as a teacher, educator and leader.
- Lead the development and implementation of an effective program.
- Ensure that children's learning and development are guided by the learning outcomes of the Early Years Learning Framework (EYLF).
- Our program focuses on play and leisure based learning, essential in significant and critical early years of education continuum for children.

In 2019 we are reviewing the service philosophy, family input been a valued component of this process, which is most significant to how we plan for and work with the children and you.

We will distribute a philosophy flyer to all families in early term 2, your input being essential and valued in making sure family needs are reflected in our philosophy. We look forward to receiving your ideas.

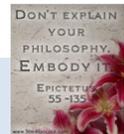
To our parents,

We are currently reviewing our service philosophy and values and would sincerely appreciate your input as our parents, to know why you chose to bring your child to Kellyville Preschool and what you think is important in caring for and educating your child. This would enable us to make the philosophy relevant and unique to our service, about us as a community.

Your responses can be anonymous and your privacy will be respected.

Please add your responses below and place them in the post box in the foyer marked PHILOSOPHY.

With gratitude and thanks from the staff.



➤ Bonjour! Our ELLA program, to learn French commences term 2. Please return permission slips by April 12.

3. Events

- ❖ Bop Til You Drop Disco on April 12, commencing at 6pm until 7.30pm. Families must book in and pay in advance to attend.
- ❖ School Holidays from April 15 to April 26.



Then our first event in term 2 will be:-

- ❖ **Mothers Afternoon Tea**, when our mum's will be invited to join us from 2pm to 3pm on Tuesday May 7 or Friday May 10, to snack and play. See you then!



Bra Collection Project, to be launched at our Mother's Afternoon Teas-



Our first working Bee

on Saturday May 18 from 7.30am to 10.30am, come join us to give our yard a facelift before winter.

- ❖ **Simultaneous Reading** at 11am on May 22. This year's story been "Alpacas With Maracas" By Matt Cosgrove.



- ❖ **Speech Screening** on May 29 plus Parent Information Night in May (TBA) Further details to follow.

4. **Parent Visiting Roster**

Dear Mums

Preschool is supporting a Women's Forum called Magic Mosaics International, where their goal is to provide help to women in need locally and in disadvantaged communities. Our aim at preschool is to collect as many 'BRAS', new or used and any size or style, including maternity crop tops and mastectomy bras in support of the Uplift Project.

A representative from Magic Mosaic International will come and collect, sort and distribute the bras to women who cannot access retail outlets.

Please drop your bras in the bag provided and feel free to ask grandmothers, sisters, aunts and friends.

This is a great way to support women locally and globally, which will be commenced during our "Mothers' Afternoon Teas" We thank you for your help.

Would you like to see what happens in our busy and eventful days? We'd love you to! Come and join in for an hour or two or a whole day if you like, to be part of what we do while sharing your time and talents with your child, the other children and us.

Next term a Parent Visiting Roster will be displayed so you can add your name on the day that suits you to visit with us. Just let your child's teacher know you wish to come along so they can plan with you how best to participate.

The children love their parents' visiting and we can only benefit from your presence.



5. **News from the Kookaburras and Emus**

- ❖ The **children's Memory Books** are now available. They have been one representation of their year at preschool. The Educators and children have contributed, with new entries to be added now and then as the year progresses. You are welcome to take them home to share, remembering to return them so new information can be added. Please add family news too as the children enjoy sharing home stories with us.
- ❖ **Balancing activity, sleep and screen time is critical to health** and wellbeing of children and adults, attending preschool 2-3 days and maybe other services for the remainder of the week can mean a very busy, active week. Sleep is essential for a healthy child. Good sleeping patterns in children are associated with better growth, stronger muscles and bones, increased focus and overall better mental, emotional and social wellbeing!

SLEEP RECOMMENDATIONS FOR KIDS

Infants (under 1)	<ul style="list-style-type: none"> • 0-3 months should have 14-17 hours of sleep • 4-11 months should have 12-16 hours
Toddlers (1-2 years)	<ul style="list-style-type: none"> • 11-14 hours of good quality sleep including naps • Consistent sleep and wake up times
Preschool (3-5 years)	<ul style="list-style-type: none"> • 10-13 hours of good quality sleep which may include naps • Consistent sleep and wake up times

There is an important link between sleep, physical activity and sedentary time for children (and adults!). The new 24 Hour

Movement Guidelines (released in 2018) look at the relationship between these 3 factors with a holistic approach to a child's

entire day. The Guidelines focus on having calming sleep routines to ensure good quality sleep (excess screen time is proven to have a negative impact on children's sleep especially when screens are used immediately before hand). Children who receive adequate sleep will then have the energy to be active throughout the day minimising their sedentary time.

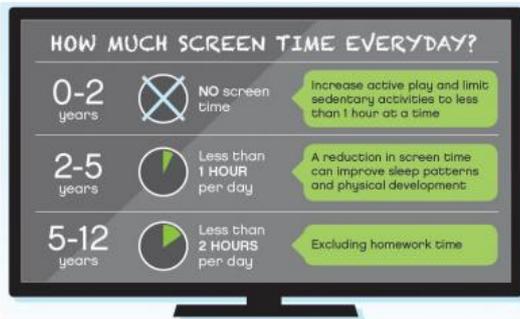
Every child is different as are their sleep patterns. At preschool we provide balanced opportunities to play and rest. Before lunch our relaxation program supports the children to learn how to rest plus why it is important, while learning different resting techniques to then be able to rest in a way that suits each individual. The educators also benefit from this time too.

Did you know?

- Falling asleep usually takes 10-15 minutes.
- Regular exercise is linked to improved sleeping.
- Sea otters hold hands when they sleep so they don't drift away from their families.
- In Japan, falling asleep at work is a sign of a good work ethic!



SCREEN TIPS FOR FAMILIES



Practical ideas to minimise screen time.



So sleep rest and relax well!

Thanks to the "Munch & Move" team for their article on sleep recommendations in their March 2019 monthly newsletter " Munch & Move Bites".