

Mt Colah Preschool Kindergarten



a caring place to learn and grow

Regular health checks for children are important—especially before starting school.



Beyond regular physical check-ups and immunizations, children need other preventative health care. It is well advised to take young children to the dentist twice a year for professional teeth cleaning and checks for cavities and other oral health problems. Young children should also get their vision and hearing checked regularly, especially before starting school it is a really good idea to have vision and hearing screens conducted.

If not caught early, research suggests that problems with hearing or seeing can hinder children's physical, emotional, or cognitive development. Affected children are not able to take in information as easily and as efficiently as their peers, and they may fall behind as a result, and become quite frustrated and upset at themselves for doing poorly. In addition, children who have difficulty seeing or hearing may avoid participating in sports (where they may do poorly), or may seem unusually clumsy. Children will not necessarily know they have a deficit because they will lack the experience of having intact sight or hearing necessary for comparison. Regular screenings by a trained professional are the best way to identify and correct deficits early.

The following are recommended health checks for children:

- annual dental checks from when their teeth first come in
- regular weight and height checks
- An eyesight and hearing test before starting school

Best outcomes are seen through early intervention

Check out this website to check your child's hearing at home . It's been approved by the Australian Hearing Society.

www.soundscouts.com/#application

Developed in collaboration with the National Acoustic Laboratories, Sound Scouts provides an instant report and guidance on next steps if a problem is detected.



April 2019

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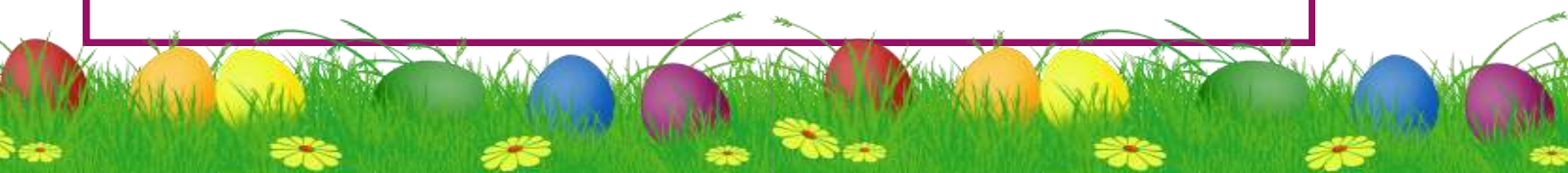


Our Preschool Programme Past Month in Review

Sweetpeas The Sweetpeas, have been enjoying our music times especially with Nich visiting with his guitar from time to time. Music really brings us all together encouraging the children to express themselves with singing, dancing and doing actions to songs they know so well. It is lovely to watch how otherwise quiet children let go of inhibitions and get involved with expressing themselves through movement. The Sweetpeas have been practicing to listen and follow instructions as we sing action and rhyming songs. This enables children to hear a regular beat as we keep time by clapping or stamping with our feet. Studies have shown that children who love music and who sing and rhyme regularly also tend to have an easier time learning to read and spell. Music plays an important role in many aspects of our lives. Exposing children to music stimulates all areas of a child's development, including social, emotional, motor and language skills, as well as helping the body and mind work together. *'Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything'* - Plato



Bluebells: We are quickly approaching the end of Term 1 already and what a fantastic few weeks we have had settling into preschool and getting to know each other. It is great to see how well our children are getting on with each other and there are some lovely friendships developing across all the age groups. We have spent some time talking about Harmony Week which is all about celebrating the cultural diversity that calls Australia home. This year we have lots of different nationalities that make up our preschool community and you can see this in the flags decorating our ceiling and on the welcome board at the gate. We have read a story called *I'm Australian Too* by Mem Fox that talks about the many different people that call Australia home whether they were born in Sydney or born in Athens! We have been learning a song called *Everyone Belongs* and the children sound beautiful when they sing this together. We spent lots of time talking about what Harmony Day means to us and Patrick told us it is about "Celebrating Australia". Lots of our friends wore orange in their clothes as this is the official colour of Harmony Day.





Our Preschool Programme Past Month in Review

Schoolies: What a busy month the Schoolies have had.

It has been wonderful to see them develop such a strong interest in the topic 'Pollution'. We have been focusing on the three types of pollution, Air, Water and Land. It has been wonderful to see them respond with care and empathy towards marine and wild life and our environment by knowing the importance of picking up our rubbish. We have introduced the slogan "*Take 3 for the sea*" to the children, meaning simply take 3 pieces of rubbish with you when you leave anywhere, and you have made a difference. At preschool we set up an under the sea pollution play scene where the children used tweezers to pick up all the rubbish out of the ocean. This activity was a great visual representation for the children to see what it is like for the marine life to live amongst rubbish.

This topic has been such a hit that we have had many parents providing feedback regarding how much their children are talking about pollution at home, how they are encouraging them to recycle/reduce waste and discussing the importance of trees and how they clean our air. It is wonderful to see our Schoolies transferring their knowledge from one setting to another and contributing to the world around them by showing such respect for our environment.





Congratulations Cat and Chris



Our warmest wishes to the newly wedded couple may your life together be full of happy times, making fantastic memories.



April Birthdays'

A big Happy Birthday to all of our children and teachers having a birthday this month.

Gabriel—5yrs
Lianna—5yrs
Daniel—4yrs
Harrison—5yrs
Jessica—4yrs





Harmony Day was celebrated with week long activities exploring our similarities and our differences. The children really loved talking about what made each of them unique and through our different activities, embraced diversity and the richness it brings to our Preschool Community.



Making Sushi

Kosa's mum Tak, came into preschool to help us all make sushi this week. This was a great hands on experience allowing us to learn about different cultures and foods as we celebrate Harmony week together. The children loved the experience. There was a variety of vegetables to choose from and it was interesting to see the choices some children made. The children had the sushi they had made for afternoon tea with everyone giving it a try. It is so special to have Mums and Dads share aspects of culture with us and we value all the time parents give as we develop strong links between pre-school, home and the community.



Preschool Cookbook

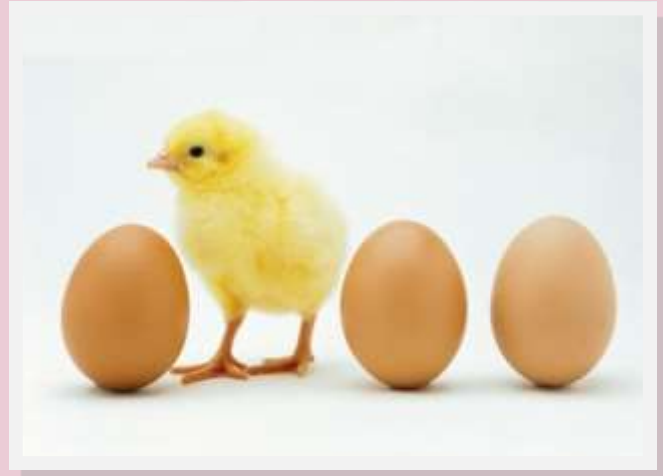
Thank you to everyone who contributed a recipe to our Preschool Cookbook. **The cookbook is now available, and we will be emailing the book to all our families.** There are a wide variety of recipes and it is great to have a new meal idea or baked treat to try. It was lovely to see our Preschool Community contribute towards this cookbook demonstrating the depth of our diversity ... yummy!



Living Eggs

April 8th—18th

We are so looking forward to our Living Eggs Programme this year. The children really enjoy their interactions with the chickens once they hatch and of course are fascinated by the hatching process itself. Information went home to families recently so please ask your teacher if you need a copy of the RSVP slip. Please return the RSVP slip and payment as soon as possible—**thank you!**



A Little Reminder.....

Please remember to pack a water bottle and hat for your child every day. It is also appreciated if you could pack a change of clothes—please don't forget to label your child's belongings.

Thank you!

Emergency Situations

Families, we have currently been conducting Fire Drills with the children and have had great conversations about calling '000' in an emergency. Also, encouraging the older children in particular, to start to learn where they live such state, suburb and street. We also discussed what to do if there was a fire at home and that it is a great idea once the family exits the home to use the letterbox as a safe meeting place. It would be helpful to continue these conversations at home.



Scholastic Book Club

Thank you for the orders for Issue 2. These should be delivered in the next week. Issue 3 will be in your parent pocket early in Term 2. This time, the children have picked a big book called *The Great Nursery Rhyme Disaster* with the commission we have earned from the book order. We can't wait to read it!



Return and Earn Report

A big thank you to all who have helped us get our Return and Earn project off the ground. We are so pleased to report that in two weeks we have managed to earn \$19.30 and are well on our way to reaching the \$50 target we have set ourselves. The children have been excited to record our progress on the target board and we have had enthusiastic helpers counting and bagging bottles for delivery. So many children have really embraced the importance of helping reduce landfill with a good understanding of what it means to our environment. Thanks again and we look forward to another bumper collection month. Keep those bottles coming!

Eligible drink containers

For your information, under Return and Earn, most empty 150-millilitre to 3-litre drink containers are eligible for a 10-cent refund when presented to an approved NSW collection point. Container materials that are eligible for a refund include PET, HDPE, glass, aluminium, steel, liquid paperboard.



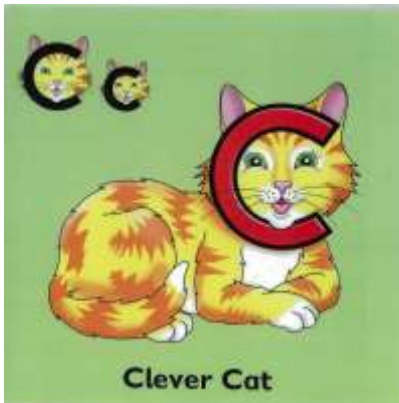
Containers should be **empty, uncrushed, unbroken and have original label attached.** Please note: Wine, spirits, cordial and plain milk containers are **not** eligible.





During our phonemic awareness program the past few weeks our Schoolies have been introduced to 2 more Letterland characters,

'Clever Cat' and 'Bouncy Ben'.



Clever Cat loves to sit by the Letterland castle, having a cup of cocoa whilst doing her crossword puzzle. She is such a clever cat she can fill in all the words before she has finished her cake. She knows how to count and cook carrots and cauliflower and can make custard and cake. If anyone in Letterland asks, "Who can help us with this problem?" the answer is usually; "Clever Cat can!"

To reflect the 'C' sound our Schoolies have been given the opportunity to participate in an array of different learning experiences where they are exploring various areas of their development.

To allow opportunity for the children to express their own knowledge and

understanding of the 'C' sound, our Schoolies actively engaged in a group game where they practised their catching skills whilst passing the ball to one another and stating a word that begins with the 'C' sound.

Some words that arose from these experiences included, cake, cookie, cat and caterpillar. During this experience the children shared their own thoughts with confidence whilst practising turn-taking as they passed the ball amongst themselves.

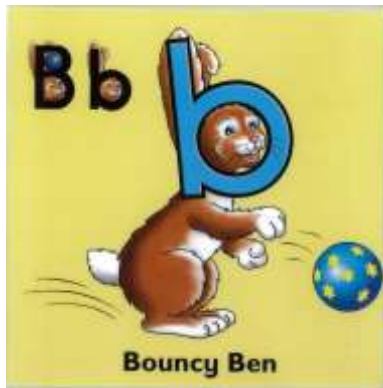


Our Schoolies also engaged in a hands-on experience where they made their own 'c...c...clocks'. With some help and guidance provided from their educators and visual aids to look at, they practised writing numbers 1- 12 around the edge of the clock face before attaching a 'big' hand and 'little' hand to their clock face. These clocks prompted a brief discussion about how a clock is a tool that helps you know the time during both the day and night.





During our phonemic awareness program the past few weeks our Schoolies have been introduced to two more Letterland characters including, 'Clever Cat' and 'Bouncy Ben' continued.....



'Bouncy Ben' is a very happy bunny rabbit, he is always having fun with his brothers in their blue boat. Ben has a bouncy ball too and sometimes he balances it on his head, between his big brown ears. Bunnies love to bounce and Ben is the best bouncer in Letterland. He makes a special 'b...b...b...b' sound as he bounces around.

To reflect the 'b' sound our Schoolies have been given the opportunity to participate in an array of different learning experiences where they are exploring various areas of their development.

Our Schoolies were given the opportunity to explore and extend their numeracy knowledge when making banana bread with Jo. During this experience they explored measurement and practised their counting skills when adding and stirring all the ingredients together when combining the banana bread mixture. All the children appeared to have enjoyed themselves during this experience eating their delicious baked goodies for afternoon tea.

A number of fun beanbag group games were also enjoyed where the children practised their balancing skills, allowing them to further develop their overall physical wellbeing.



Lost in Translation!

There have been lots of discussions and excitement around Cat having time away from Preschool to get married. Josie went home and told her family "Cat has left Preschool to become a Princess!"





We have been focusing on recycling this month and have used a variety of recycled items both from preschool and our families.



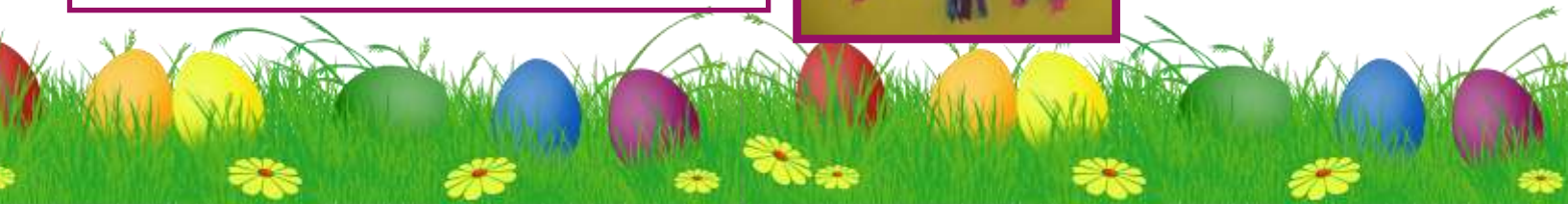
Block Creations: Reusing wooden blocks that were not needed by preschool or wanted by families, and lids that have been collected, the children used their imaginations to create fantastic objects to take home. Fine motor skills were used to put the blocks and lids in just the right place so that the children's ideas came to life.



Beans in CD Cases – Old CD cases were used to hold soil to plant our beans in. Through the clear CD case the children will see the beans grow roots and sprout which is something that is normally underground and unseen by them. The preschoolers did tell me the beans needed sunshine and water to grow, and the week we did this activity there was plenty of rain but not much sunshine!



Recreating the Welcome and Birthday boards – As a group we worked together to redo our Welcome board which is now placed in the entry area of preschool and the Birthday board. The children shared ideas they had to make our boards look as fantastic as they now are. As we made the Welcome board we discussed the number of flags we had representing our families at preschool and where they were from, and children shared when their birthdays were as we worked on the Birthday board.





Quality Improvement Plan (QIP): Our QIP this year has some focussed areas for improvement however, we continue on a daily basis to endeavour to improve everything we do. Our focus on sustainability practices and caring for our environment is firmly embedded within our educational programme. The educators have done a fantastic job of employing our focus on sustainability through recycling items for craft, dedicated discussions on impact to wildlife and our environment and of course the introduction of our new Return and Earn programme. Our enjoyment of our garden and worm farm continues and we encourage children and families to send less pre-packed foods to Preschool. ***Together as a community we can make a big difference as we continue to improve our focus on caring for our planet.***



Dates to Remember!

April 8-18	Living Eggs Programme
April 15-26	Holiday Programme
April 19	Easter Friday—Preschool Closed
April 22	Easter Monday—Preschool Closed
April 25	Anzac Day—Preschool Closed



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