

# Mt Colah Preschool Kindergarten



*a caring place to learn and grow*



## August



August is a busy month we have the parent evening talking about school readiness, the creature feature show, our rescheduled excursion for the Schoolies and at the end of the month a Father's Day Breakfast. Please see inside this newsletter for all the details.

### Transition to School Parent Evening

Thursday, August 8th

Preschool families are invited to a parent evening to discuss transition to school. Our presentation will start at 7pm and we encourage you to arrive by 6.45pm to meet other families and enjoy some light refreshments.

During the evening we will be discussing early childhood development, readiness for school, when to start and tips for a smooth start. If you are attending please pop your name down on the list at the sign in table — we hope to see you there!



## August 2019

### Inside this Newsletter

Teacher Reports  
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Little Endeavours





## *Our Preschool Programme Past Month in Review*

**Sweetpeas:** Over the past weeks the Sweetpeas have enjoyed so many exciting holiday activities. It has been wonderful to watch the children participate and enjoy painting, drawing, sticking and cutting as they created craft that they are so proud of. Our days were full of activities with so many opportunities to develop very important fine motor skills. We started off with NAIDOC day and the children got to paint Aboriginal symbols on pebbles, Winter Wonderland had the children painting with coloured ice and manipulating droppers to melt ice hiding lots of little treasures. When Teddy Bears Picnic day finally arrived there was so much activity with everyone making their own sandwiches carefully buttering and spreading vegemite, jam, cheese and ham. There were so many decisions to make about what would taste best. For Engineer Day we saw so many interesting constructions happening, using playdough, beads, pasta, toothpicks, foam balls etc requiring lots of concentration and fine motor manipulation to stack little pieces together. Healthy Bodies and Italian day had us all chopping up vegetables for yummy soup and pasta. The children really enjoyed this and there were some really good satisfied noises as the children ate the food they made. Participating in these activities has not only been fun but has helped to develop very important fine motor skills, the use of small muscles that control the hand, fingers and thumb. These are needed to enable children to perform important tasks such as wiring, drawing, manipulating objects, feeding oneself, dressing and hygiene tasks.

**Bluebells:** We are now into Term 3 and we are looking forward to a fun and busy few weeks! Over the past few weeks, we have been discussing all the ways we can look after our bodies and minds and as part of this we have been talking about healthy eating. We talked about our favourite foods, what food we need to give us energy, what food we need to make us strong and what food we need to help us learn. The children were eager to share their own knowledge and voice their opinions on why we eat the things we do. Using stories, video clips and discussions, the children discovered new things such as a kiwi fruit gives us more Vitamin C than an orange does! The children were also eager to show the educators just how healthy their lunch boxes were!

[www.healthyinbox.com.au](http://www.healthyinbox.com.au) has some great ideas for lunchboxes!





## *Our Preschool Programme Past Month in Review*

**Schoolies:** What a fun filled Holiday Programme we have had. It was great to see the Schoolies really getting involved, whether it was getting dressed up, participating in a craft experience or engaging in group discussions surrounding the day's topic. A massive hit for the Schoolies was Winter Wonderland. We were lucky enough to have Carmel (Gabes Mum) come in from Jim Jams Music and do a music class with the children. They explored music through various instruments and learnt about tempo, pitch and creating a beat by engaging with resources and using parts of their body. Music helps the body and the mind work together. Exposing children to music, particularly singing, during early development helps them learn the sounds and meanings of words and increases their vocabulary. Dancing to music helps children build motor skills while allowing them to practice self-expression. The valuable contribution parental visits make can improve children's social skills and build our Preschool community relationships and the children's sense of belonging. We love having family involvement at preschool so please feel free to come in and do a cooking or art class, discuss your heritage or simply read a book, the children love having family involvement.



## Preschool Photos September 3<sup>rd</sup> and 5<sup>th</sup>

Preschool photos will be taken on Tuesday 3<sup>rd</sup> and Thursday 5<sup>th</sup> of September. Nerida Child's Photography will be visiting the service to take the children's photos. If your child does not attend on one of these days you are able to book in an appointment at a time that suits you. Packages and pricing information will be provided in the weeks leading up to photo week.



## Scholastic Book Club



Issue 5 is now in your communication pocket and this issue you will discover the order form has changed! It is still easy to order, just complete the form and return it to preschool with the money or you can use the LOOP app. There are some great books in this issue starting at just \$2 such as King Pig or Bad Guys Episode 4 for just \$6. Please submit all orders by 9th August and if you have any questions, please see Deon.

**Fun Times**—just a good idea we have found to get some discounts on great activities for the family. Visit [smallideas.com.au/sydney/](http://smallideas.com.au/sydney/) for \$34.95 a year or \$5 a month you can receive great discounts on restaurants, play centres and theme parks.

### Why is it important that my child gets the daily recommended servings of vegetables and fruits?

Fruits and vegetables are high in vitamins, minerals and fibre. Kids should be encouraged to eat a variety of fruits and vegetables – there is a rainbow of colours to choose from – which provides a rich source of antioxidants, instead of sugary snacks and fast food, which are high in fat and sugar. The vitamins, minerals, fibre and antioxidants found in fruits and vegetables provide the following benefits:

- Promote good health and protect against disease, both now and in the future.
- To ensure the child's healthy growth and development.
- Strengthen a child's immune system and help fight illnesses. There is strong evidence to show that the nutrients found in fruits and vegetables can prevent chronic diseases such as cardiovascular diseases.
- The high-fibre content can aid in the proper function of the digestive system and prevent constipation.



## August Birthdays'

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

Hamish—4yrs

Miriam—5yrs

Pippy — 4yrs

Lorelei—5yrs

Eadie—5yrs

Lukas—5yrs

Adelaide—5yrs



please note

## Important information about your Child Care Subsidy Rates

Two things are currently happening that may affect your individual Child Care Subsidy. Please keep a close eye on your statement over the next couple of months as this may change your entitlements and if changed, this will change your outgoing expenses. For those in particular who have set up automated payments you may need to change the amount.

1

Please be advised that the Child Care Subsidy Rates changed from July 1st. Information can be found at the Parent Information Desk. Please keep an eye on your Preschool accounts from July onwards as your CCS entitlement may have changed and you may need to update your automated payments.

2

After the end of each financial year, Centrelink balances each family's Child Care Subsidy (CCS) entitlements ('balancing' is also known as 'reconciliation'). All families who received CCS in 2018-19 will go through this process. This can only happen after you have lodged a tax return for 2018-19, or advised Centrelink you are not required to lodge a tax return. For further information on the balancing process please visit:

[www.humanservices.gov.au/balancing](http://www.humanservices.gov.au/balancing).



### Educator Update

Cassie completed her 12 month Certificate III traineeship with us and proved herself to be a wonderful team member and caring educator whom the children loved. The year after her time with us at the age of 19 she was diagnosed with cancer and completed long rounds of treatment with such bravery and optimism. Earlier this year she started to get her life back and over recent months has been doing casual work for us, so many of you have had the chance to be re-acquainted with or meet our lovely Cassie. Sadly, we have just been advised that the cancer has returned and Cassie again has to face a huge battle. This time treatment needs to be ordered from the USA and is very expensive. Cassie's friends have set up a Go Fund Me page to support the treatment she now has to again undergo. We wanted to let you all know how Cassie was going and if you wish to donate to her Go Fund Me page the link is here <https://www.gofundme.com/a-night-for-cassie> Our thoughts and prayers are with Cassie and her family.



# Excursion to the Park for Schoolies

## Update

The new date for the excursion to the park is August 12th. If you are able to volunteer for this new date please let the teaching team know ASAP if you have not already done so.



## Father's Day Brekkie

Friday, August 28th



Preschool will be holding our annual Father's Day breakfast on Wednesday August 28<sup>th</sup> to celebrate our wonderful dads.

Invitations with further information will be going out to all families shortly.

## *Creature Feature Incursion*

*August 2nd at 10am*



Friday parents are reminded to please return the permission note and \$10 payment for this onsite experience. If your child does not attend on a Friday they are still able to attend the show and must be accompanied by an adult over 18 years of age. Please be at preschool by 9:50 ready for the 10am show.





## What a fun Holiday Programme we had!

The children have been such confident and involved learners over the past fortnight. We have seen the development of a variety of learning dispositions including creativity, curiosity and meaning making.

We had some great experiences thanks to family involvement. A big thank you to Carmel (Gabe's mum) from Jim Jam Studios for another wonderful Winter Wonderland based music class. Krista (Lianna and Jackson's mum) for coming in to read - - The ABC Dr Seuss book has one become a preschool favourite, and Jo (Lara's mum) for her Italian lesson on Italian Day.

Another successful Holiday Programme - thank you children for your wonderful enthusiasm!



# A visit from the dentist!

This week we discovered more about dental hygiene. During group time we have been engaging in conversation about what this means. We were lucky enough to have two very special visitors Matt and Sam from Happy Smiles Dentist. Matt and Sam told us they keep their teeth clean of plaque and that plaque cannot always be seen but is bad for your teeth and gums. Matt and Sam then played a game with the children asking them to identify 'sometimes' and 'all the time' food. They were both very impressed with the children's knowledge on what was good and bad for our teeth. Matt asked the children how many times they should brush their teeth a day they all yelled, "2". Sam then got out their big Charlie Chomper and demonstrated to the children the correct way to brush their teeth.



**A huge thankyou to Matt and Sam from Happy Smiles Dentist for coming in and talking to us about the importance of oral hygiene.**





# Sustainability Programme

**Book Exchange:** The Book Exchange basket is almost full; please remember to take home some interesting books. This is such a good way to recycle pre-loved books. It is so lovely to see how excited the children are finding a book treasure to take home. This helps to foster the love of reading,



**Gardening:** As everyone is aware we now have water restrictions due to lack of rain for so long. In order to comply with watering times, we have decided to move the watering of our garden to 9.30am. Everyday some children help to water using the hand held hose and watering cans. This is a good way to foster awareness of the importance of saving our precious water wherever we can.



**Return and Earn Project:** Our Return and Earn Project continues to grow thanks to everyone's great efforts in recycling those used plastic and glass bottles. Our target is slowly creeping up and we a few dollars away from reaching our new target of \$60. Please keep those bottles coming.

**Craft:** We are always on the lookout for ways to recycle and have found innovative ideas to use up boxes, cardboard, bottle tops etc creating some very interesting craft. Just recently Jo helped the children create an alphabet board using milk bottle tops. This looks really great and will be good fun to play with.



**Reducing Waste:** During morning tea and lunch times it is good to see how the children really think about recycling waste. They are very careful to make sure the correct bins are being used in order to reduce our contribution to landfill. We use the yellow bin for recycled packaging, grey bin for plastic wrappings, not forgetting organic waste for the worm farm. We would appreciate your help by packing minimal wrappers, foil, plastic or commercial packaging wherever possible.





We have found a new friend as the children have been introduced to Peter Puppy!

Our phonemic awareness programme has come to a close for term two and the children have enjoyed discovering and exploring the 'P' sound. Peter Puppy loves playing in the park. Peter Puppy thinks the best time for playing in the park is just after it has been raining, because then he can paddle in all the puddles.

To reflect on the 'P' sound the children have been given the opportunity to engage in a fun hands-on paper plane experience that had been made available for them in our phonemic awareness play space. They were provided with pictures as visual instruction, to assist them as well as a variety of different coloured paper. This experience was a huge hit!

With some help and guidance from their educators and the instruction books they enjoyed folding and making planes whilst they also further developed their fine motor skills. Once they had made their plane it was now time for the fun part! Together they enjoyed flying and watching them glide across the room.



During the holiday programme the children have been given the opportunity to engage with a wide variety of texts and literacy focused resources in our phonemic awareness play space. This has allowed them to continue to explore and extend their understandings of the letter sounds that have been discovered this term.





*We are now half way through the preschool year and the children all participate in Little Endeavour activities with never ending enthusiasm. Apart from the activities we do there are so many great discussions on so many topics and everyone works together and helps each other out whether it is a group activity or not.*



### Making Snow

For Winter Wonderland day bi-carb soda and shaving cream was used to make our own snow. The texture is non sticky and even feels cold when you hold it in your hands and mould it. The children used great descriptive words as they talked about making our snow, what they could do with it and the sensations they felt when touching it.



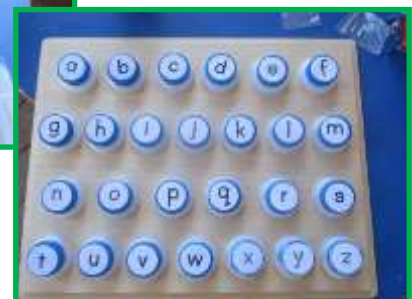
### Alphabet Tabletop Activity

This idea was seen by one of our educators online and we decided to make our own version on Alphabet Day. It took good fine motor skills and patience to put the activity together, with each child helping to complete a letter cap to put on the board. It is a fun alphabet matching game and the children are also refining fine motor skills as they twist the lids on and off the board. There was also a lot of discussion (again) about the different glues I use as today a new one was introduced to the children. We talk about why each one is useful – quick to dry, strong, clear etc – and the preschoolers are now starting to suggest which one I should be using when we work together.



### DVD Case Recycling

We were donated DVD cases by a preschool family last year and this month used them to make some crazy DVD people which we are displaying in the windows above the doors to the outside play area. The children worked together in pairs (an older child and a younger child together) and it was interesting to see the dynamics as they planned their person. Different personalities showed through and it was not always the older child being a leader in the process!



# LEARNING STORY

## Living Eggs Experience 8th—18th April 2019

Dear Everyone,

On Monday 8th April, we knew something exciting was going to happen. Everyone was talking about it. We waited and waited then the preschool doorbell rang. It was the lady from the farm and she was carrying—a box of eggs and an incubator. It was time for our baby chicks to arrive! Hurray!

We read a story called *From Egg To Chicken* which told us what was going to happen to the eggs. Some of us had questions about what the chicks would look like, what would they eat, where would they sleep but the one question everyone had was - When are they going to hatch?

All day Monday we watched and nothing happened. The educators came in on Tuesday morning and a couple of eggs had cracks in them. By the time children started arriving at 8.30 am, something was happening to one of the eggs! There was a bit of shaking, some tapping and we watched as the crack in the egg got bigger, until - a baby chick popped out! By the time we all went home on Tuesday afternoon, we had 4 baby chicks. By Wednesday afternoon, all 10 eggs had hatched and we had a healthy group of chicks.

As the chicks all hatched, we could see them getting bigger and stronger. Soon it was time to move them to the bigger box where they had food, water and somewhere to sleep.

We engaged in activities to learn more about the chicks and the changes they would go through as they grew at preschool. We painted pictures of the chicks, we did puzzles about chicks and we read books about the life cycle of a chick (*EYLF Learning Outcome 2.4 Children become socially responsible and show respect for the environment*).



# LEARNING STORY

## Living Eggs Continued.....

After a couple of days of watching the chicks grow bigger and stronger, the time came for us to be able to hold them! We sat in a big circle as Lara spoke to us about how to hold the chicks safely so they wouldn't get hurt. We put a tissue on our hands and very gently, Lara put a chick into our hands or if we weren't too sure, we could just gently pat the chick.

We talked about what the chick felt like, sounded like and smelt like. Everyone was invited to share their thoughts on the chick with many children saying it was "cute" and "fluffy" while others talked about the colours on the feathers.

The educators were very impressed with how gentle everyone was with the chicks and we were sad to see them go after 2 weeks. We were delighted to send some chicks home with preschool families that promised to look after them and share photos with us as they grow.

**My thoughts on your learning:** Over the past two weeks, we have discovered the life cycle of an animal. By engaging your learning disposition of curiosity and asking questions, you have learned how the chicks grow and change and how to take care of another living being. Many of you discovered that although you were a little afraid of holding the chick, with the support of an educator you were able to engage on a level where you felt comfortable.

*(EYLF Learning Outcome 1.1 Children feel safe, secure and supported. EYLF Learning Outcome 2.4 Children become socially responsible and show respect for the environment; Practice 5 Learning Environments).*

**Opportunities and Possibilities:** Following on from our visit from the chicks, we spent some time talking about the life cycles of other animals such as butterflies, frogs, cicadas and used books, songs and videos to explore these in greater detail. We will follow this interest by spending more time engaging in experiences that allow us to see these life cycles taking place such as a butterfly hatching garden and explore the life cycle of frogs.



**Quality Improvement Plan (QIP):** Over the past two educator staff meetings the group has been reflecting on two of our Preschool policies; namely Cultural Inclusion and Anti-Bias Policy. Our focus has been to update the terminology and ensure the policies each promote a high level of engagement by educators and embed inclusive practices. These updated policies are now available in the Policy Book at the sign in table. If you would like to comment on these please let your educator know.



## Dates to Remember!

August 2	Creature Feature Show
August 8	Parent Evening—School Readiness
August 12	Schoolie Excursion to the Park
August 28	Father's Day Breakfast
September 3rd & 5th	Preschool Photos



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