

WHAT CAN YOU DO TO KEEP YOUR CHILDREN HEALTHY THIS WINTER?

Maintain a healthy diet—Diet plays an important part in staying healthy. Boosting the immune system with lots of healthy fruit and vegetables during Winter is another way to ward off the season's nasty colds and flus!

Instil hand hygiene—Children are well-known for skipping handwashing, a key practice for fighting germs. Try to explain to your child the importance of proper and thorough hand washing techniques. According to the World Health Organisation (WHO), handwashing should be done for at least the length of time it takes to sing the "Happy Birthday" song twice. Allow your child to sing out loud if it motivates them. Ensure that they practise this with regularity, especially at crucial times such as after preschool, using the bathroom and playing, and before eating or touching any food or drink items.

Keep your child hydrated—Keeping your child hydrated can be difficult during Winter. However, it's important as it helps regulate their body temperature and is essential to the proper function of cells, tissues and organs. Drinking water also gives their immune system a boost, preventing them from getting sick during Winter/flu season.



We ask you to please get your child to wash their hands on arrival or use the sanitiser when entering the Preschool each day.

We also ask you to closely observe your children and if they are suffering from a temperature, lethargy, runny nose, constant cough or headaches to please keep them at home and seek medical advice if required. If your child has been required a dose of Paracetamol or Dimetap etc. prior to coming to Preschool they should be kept at home. As per our policy if you give your child a dose of any medication prior to their day at Preschool you are required to notify Educators on arrival.

The spread of germs in this age group is inevitable as they are all learning how to care for themselves, and their immune systems are still developing, however if we can all work together to minimise the risks hopefully we will manage to get through the Winter season in good shape.

Mt Colah Preschool Kindergarten



a caring place to learn and grow



July in Review 2024

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Our Preschool Programme in Review

Sweetpeas and Bluebells: Here we are, Term 3 already! We hope you have enjoyed looking through your child's portfolio and please remember to come and speak to us if you would like to discuss anything from this.

The holiday programme has been a fun couple of weeks, where the children have had the opportunity to participate in a variety of activities. From science experiments, to making our own sandwiches, face painting, and dress up days, it was lovely to see the children so involved. Each day brought a new craft related to the day, such as painting rocks for NAIDOC, invisible ink painting, using recycled materials to build a vehicle, decorating Micky or Minnie Mouse ears and decorating our own sandwich bags. The children demonstrated a great level of enthusiasm and interest in the activities on offer, and we hope you enjoyed seeing these. Craft activities support the children's development in many ways, as well as being a lot of fun. The children used their hands to hold items such as stones, juggling balls, spray bottles etc, and this helps build the strength and control in their hands. Using paintbrushes, peeling stickers, drawing, using scissors etc, helps develop the pincer grip in their fingers. Developing hand strength and pincer grip are important experiences children need to have before they start the formal process of learning to write their name, and we offer many of these activities at preschool. We will continue to provide a variety of craft activities and will encourage the children to participate in these, and we invite you to have a look around the preschool walls to see what craft is there. Please also remember to check your child's craft folder too!



Deon and Belinda

Schoolies: We can't believe we are entering Semester 2 already! We hope you've all enjoyed looking through your child's portfolios and seeing all their amazing strengths and progress made so far. Over the past semester, the children have been working hard in all areas of their development and participating in activities that have contributed to their skills and learning. We have seen significant improvements in the children's language and literacy development as they are all keen, active participants of the Letterland program and enjoy working towards their overall phonemic awareness with our fortnightly 'Letterland characters'. We have also seen the Schoolies social skills blossoming, as friendships have continued to grow and their confidence has increased, allowing them to interact with different peers, share thoughts and ideas during Discovery group times and initiate play with others.

Our focus for this semester is to ensure all Schoolies are confident in completing self help tasks independently in preparation for big school. We are doing this by encouraging them to unpack/pack their bags throughout the day and at each transition, giving them the responsibility of looking after their personal belongings, finding their morning/lunch boxes independently and encouraging them to have a go at putting their shoes and clothing items on before finding an educator to do it for them. The children have been eager to receive the 'Best Packed Bag' award at the end of each day which encourages them to try their best to pack their bags without assistance. We look forward to supporting the Schoolies in their final months of preschool!



Maddie and Tegan



NAIDOC WEEK

For NAIDOC Week, the children celebrated the 2024 theme—**Keep the Fire Burning, Blak Loud and Proud** through stories, music and craft experiences. They were also introduced to a number of famous Indigenous people who have used their voice to make a positive difference. We enjoyed learning Darug language songs including Heads Shoulders in the Darug language and Budyari Nhaady'unyila Ngurrawa (Good I see you all on Country). The Darug people are the traditional owners of the Mt Colah land and every morning we thank them for letting us play and learn on the land through our Acknowledgement of Country. We also learnt some Indigenous games including Birray and Chiba. Birray (meaning march fly) involves a tipper who tips/gently stings the other children while blind folded. Chiba involves two teams with the aim to overarm throw paper balls over a divide, working together to remove the balls from their side. We also took part in rock painting, biscuit decorating using traditional Indigenous colours and created a **Keep the Fire Burning** banner.



Holiday Programme!

We had a busy, creative, hands on, and most importantly FUN two weeks during our recent school holiday programme. The children were able to utilise a variety of skills and learning dispositions during this time. **Thank you to every family helper that came along to help, your contribution was very much appreciated.**



Holiday Programme!



National Pyjama Day Fundraiser

The Preschool took part in National Pyjama Day this year. We fundraised to provide crucial support for kids in foster care. Foster children often face instability, moving between homes and schools, which disrupts their education and hampers their ability to thrive.

By contributing, we have helped The Pyjama Foundation recruit, screen, train, and match a "Pyjama Angel" mentor with a child in care. These mentors read books, play educational games, assist with homework, and more. Most importantly, they empower foster kids with learning, life skills, and confidence.

We were able to raise \$399 for this great cause!

Thank you to everyone who donated.



Feature Creatures Week 22nd July



During Pet Week, some children expressed interest in knowing more about snakes so we invited Feature Creatures to preschool to allow the children to explore this topic in more detail. We spent the week learning all about reptiles and amphibians in anticipation for the incursion on Friday. The Features Creatures visit was an incredible hands-on learning opportunity where the children got to meet lots of interesting animals including Bruno and Mango the bearded dragons, Pipsqueak the baby Eastern long-neck turtle, Captain the Murray-Darling carpet python and Sir-Chomps-A-Lot the baby crocodile! They also learnt tips about how to stay safe around reptiles and amphibians, including the importance of running away and yelling "Snake!" if they ever spot a snake in the wild. Through this experience, the children all demonstrated their curious learning dispositions and enjoyed sharing their existing knowledge with Zoo Keepers Kirsten and Kev. They were also very brave, with many of them facing their fears in order to participate in this amazing experience!



Feature Creatures



Little Endeavours with Jo and Adele



Holiday Programme

What a great month we had in July, which included the holiday programme in which we made juggling balls, decorated pillowcases, used recycled materials to design and make wonderful creations and constructed catapults using only paddlepop sticks, elastic bands and a plastic spoon. The children showed how they are confident and involved learners as they participated in all the activities with curiosity and enthusiasm, communicating confidently with both educators and parent helpers.



Little Endeavours with Jo

“STITCHING” - After sewing the bark on our apple tree trunk the children were keen to do more stitching and so this activity was extended using open weave fabric, thread, beads, pasta, and a blunt needle. It was a great activity for their fine motor skills showing their co-ordination and listening skills as they followed instructions. They also confidently made decisions on the direction of their thread over the material and which items they would add. It was a great success and I will extend this activity further with more stitching later in the year.



CLAY - Clay is one of our favourite activities to strengthen hands and fingers of the preschoolers to develop their fine motor skills. We made fossil imprints in the clay once they had softened it by squeezing with their hands and then flattening it with their palms. The children were enthusiastic participants and noted the difference between the clays (white was softer than red) and the different shapes they could make before they flattened it out.





Phonemic Awareness Programme



As we explored the /p/ sound with Peter Puppy, the children focused on the topic Pet Safety. This allowed the children to share photos of their own pets as well as discuss how to approach pets safely. The Sweetpeas and Bluebells also became very interested in this topic, joining in with the experiences and leading to a Discovery topic the following week. We practised the four steps when approaching a dog – walk up slowly and stop, ask the owner if you can please pat the dog, let the dog sniff your hand and pat the dog on the back. We were also lucky enough to have some special visitors visit to put our knowledge into practice! This included Taylah's bunny Crunchie, Maddie's pet snake and Tegan's dog Spice. The children also enjoyed transferring their knowledge into their play as they engaged with the vet play space.



Revision

What a fun week full of songs, games and stories to revise the sounds learnt in Term 2. The children were introduced to some new games over the fortnight including Heads Up which involves the letter cards and the children providing clues such as the sounds that the letters make followed by guessing the letter. We also played I spy using the letter cards, finding objects around the room



that start with a certain sound. Another revision activity included setting up the hoops to play the coloured hoops game although with the letter cards. The children needed to find the matching letter based on the sound that was called out. We utilised our Smartboard to play interactive games that further developed the children's sound/letter recognition and production. Lastly, the magnetic letters and letter display was available for the children to practise writing the letters. During revision weeks, we reassess if the children can produce the sounds. It is always so lovely to



discover that a child can now produce a sound. If your child is having trouble producing age-appropriate sounds and is not currently receiving speech therapy, this will be communicated to you.

Mini Moves



Revision

Our Mini Moves sessions this month have been spent revising the skills we have practiced so far this year. This has included various fun games and activities incorporating our skills such as listen and move songs, hopscotch, follow the leader and 'Crocodile Tip' (a favourite amongst the Sweetpeas and Bluebells). It has been great seeing how the children's skills have developed since the start of the year, especially their hopping and leaping which they initially found quite tricky. We have also noticed the Sweetpeas and Bluebells incorporating their Mini Move skills into play and showing the Schoolies what they have been learning.

Side Sliding

This is the newest skill we have introduced to the Sweetpeas and Bluebells and they have already showed great coordination and determination. We will continue practicing this over the next few weeks with fun games such as 'The Old Grey Cat' and 'Snail Relay'.

Next up this term: Catching and galloping!



QIP—Cultural Responsiveness

This month we have been exploring the Afrikaans culture which represents some of our families backgrounds. Educators have taught this through language, music and food. The children have learnt new everyday Afrikaans words which we have incorporated into our daily routine.



Adele also shared part of her Afrikaans culture, making the children some yummy traditional cinnamon pancakes 'Pannekoek' and teaching some songs including "My lyfie maak musick" which translates to 'My body makes music'.



August Birthdays

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



Bodhi—4 years
Ollie—4 years
Brooklyn—5 years
Harriet H—5 years
Georgia—5 years
Ruby - 4 years
Educator Belinda



Community Connections

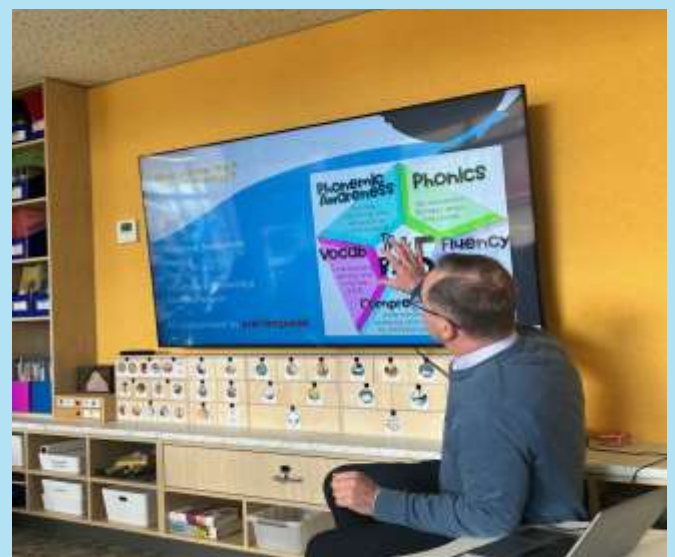


This month Tegan, Maddie and Lara went for a visit at St Patrick's where we were able to explore their new Kindy classes. We learnt more about their MultiLit educational programme and watched the children engage with this for their learning. We were lucky enough to spend time with some of our former students who showed us their learning, including their writing pieces they had recently done. It is always amazing to see how much the children grow and learn in their short time at school.

The Principal Mr. V-T spoke to us about how we can best support the children in their transition to school and some of the learning dispositions they like to see in children as they start their formal learning journey.

We are grateful to have these connections with our local school.

Coming up MCPK will be holding a school readiness talk hosted by Mr. V-T. We will provide more information once this is finalised.



Community Connections

Small Steps *Separation Anxiety*

St Patrick's Catholic
Primary School
Asquith



Come along to learn more about:

- Preparing for 'Big School'
- Childhood anxiety
- How to support children to face their worries in small steps

6.00-7.15 pm

Tuesday 20 August

[Register NOW](#)

Community Connections

Mount Kuring-gai Public School

Kindy Kick Start Program

2025

School Tour Dates:

Please call the school office to book in a tour.

Tuesday 6th August 2:45	Tuesday 27th August 2:45	Tuesday 10th September 2:45
Thursday 15th August 9:45	Thursday 5th September 9:45	Thursday 19th September 9:45

Parent Information Session:

Tuesday 20th August at 6:30pm in the school hall.

Kindy Kick Start Program Dates:

Thursday 7th November
Wednesday 13th November
Tuesday 19th November
Monday 25th November

If you have a child starting Kindergarten in 2025 and are looking to enrol them at Mount Kuring-gai Public School, please contact the school office for more information.

Phone: (02) 9457 9088

E-mail: mtkuringga-p.school@det.nsw.edu.au

Community Connections

TRY BASEBALL



SATURDAY'S

27th July 3pm
10th August 3pm

MONDAY'S

29th July 5:30pm
5th August 5:30pm

Children aged 4 and up are invited to try T-ball and Baseball.
Start learning the skills of hitting, catching,
throwing and base running.

Location: Rofe Park, Hornsby Heights

For further information please contact info@rangersbaseball.com.au



Community

MOVIE NIGHT

**NEW
DATE!**

FREE
INSIDE OUT
5:30PM
BENCHWARMERS
7:30PM

SAT 10TH AUG

★ ★ ★ ● ROFE PARK, GALSTON ROAD, HORNSBY HEIGHTS ● ★ ★ ★

Bring a rug, a picnic dinner and your friends. ALL WELCOME!