

# Mt Colah Preschool Kindergarten



*a caring place to learn and grow*

**Thank you** to all our families for your ongoing support and very kind offers of assistance. We continue to navigate our current environment to the best of our ability and hope that the information and ideas we have been sending home have proven helpful to keep your little ones engaged and learning. It is obvious our team have hidden talents in the world of videography and we hope you have enjoyed their posts on Facebook. If you have any questions or need more information please let us know.

In the meantime, we continue the way we are until we receive further health advice from government.

Take care and stay safe.

Annette

## SAFETY FIRST

It is of great importance that families pay close attention during the drop off and pick up times at Preschool especially now you are required to wait out front to safely do so.

- Please ensure you are holding your child's hand AT ALL TIMES whilst waiting in the carpark
- Please line up KEEPING OFF the DRIVEWAY
- Please remember to observe SOCIAL DISTANCING

**Thank you for keeping our children and families safe**



**May  
2020**

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## Our Preschool Programme Past Month in Review

**Sweetpeas:** This has been a challenging month for everyone. It is great to see how the children have coped with so much change, showing resilience at this difficult time. The atmosphere at preschool has been calm and relaxed with the children happily going about their day, taking part in all the activities that are available and further developing their social and emotional skills. During the holiday programme the children embraced Friendship Day making friendship bracelets for each other reminding everyone that friendship and kindness helps everyone feel that they belong and are included in our preschool family. From friendships to dealing with disagreement, the ability to interact successfully with others is incredibly important. Children with strong social skills find it easier to establish good relationships and this has a positive impact on their wellbeing and learning. We have been witness to some beautiful friendship moments this past month which has made us as educators proud as we continue to spread kindness and love despite the challenges we as a world are currently facing.

*'In order to make a friend you need to be a friend'*

**Bluebells:** It certainly has been a different feel to preschool this past month not seeing all of our friends and we are looking forward to the day when everything goes back to normal. The children have been very busy at preschool and thanks to the milder weather, we have been enjoying our days outside. We have also had a bit of rain recently and as part of our sustainability plans, we are trying to save water. We have a big box outside for collecting rain water which is then used in the garden. Last week we discovered that our worms had also been very busy in their house and we had lots of worm wee to be used! Putting both of these together, we were able to give our plants a big drink. We tidied up the thai basil bush and cut some rosemary to share with our families. We checked on the carrots in the garden bed and decided to leave them for a little while longer to grow some more. The children have been very mindful of watering the flowers in the garden and as Aubrey commented "This keeps them looking nice for everyone to see". If you would like some rosemary or basil cut for you to use at home, please let an educator know and we can organise this.

**Schoolies:** What a busy and energetic month the Schoolies have had at preschool. The children were outside one day when a couple of Schoolie boys went over to Steph and started talking about a Ninja course they do outside of preschool that has been called off. They were so excited as they discussed all the cool things that this course involves and how it gets their 'heart pumping really fast'. Steph noticed their excitement and decided to bring the ninja course to preschool. There was variety of obstacles such as boxes to jump over, beams to crawl under and various squares to jump in testing their co-ordination and balance. As soon as the boys started to engage in the ninja course other Schoolies decided to join in, going around and around the course testing their gross motor skills. "This is the best ninja course ever", Dan said. The children then went on to play soccer testing their foot eye co-ordination and balance as they manoeuvred the ball with their feet. Once play time was over the children had a brief lie down letting their bodies rest and for their heart beat to go back to normal. Steph asked the children why exercise was important. They informed her that it keeps their bodies strong and healthy.





# HAPPY EASTER

*Although Easter looks a little different this year, for many it is still a time where we can put smiles on the children's faces and spend quality time together.*

We had some much fun discovering the Easter Bunny had visited Preschool, although he did leave a bit of a mess for the educators to clean up, with paw prints all over preschool. The children loved searching for yummy Easter eggs!

Harry's family donated some wonderful Easter mask craft for the children to do. We coloured and decorated these, using our creativity and fine motor skills. The children then used the masks to enhance their social play outside, taking on the characters' of their mask.

We made our own Easter baskets which we decorated. These were used to hold the yummy Easter eggs we found on the hunt and hopefully you could utilise these for your at home egg hunt.

*We hope you all had a Happy Easter with your family*





We are now on Facebook!

We encourage you all to follow our facebook page especially to get some great ideas of activities to do at home to support your child's development during this crazy time.

Please 'like and follow' our page where we will bring you Preschool community updates, helpful articles regarding early childhood development and some of the fun activities and learning experiences we enjoy during our busy days at Preschool.

Please take a look at a recent article posted on the top tips and links for families in isolation by Maggie Dent

### Scholastic Book Club

Due to the ongoing Covid-19 situation, the Scholastic Book Club will be a digital version this term. We are not sure yet how this will work or how it will be distributed to you but we will let you know as soon as we know. Thank you for your ongoing support of the book club in preschool.



### Perception

At morning tea Madelyn came over to Deon and said "*Deon, do you know what my mother was when she was a little girl?*" Deon replied "No, what was she?" Madelyn replied "*Little. Very, very little*".



A fire drill is when we practice what to do if there was a real fire.



## What to do in an Emergency

As you will read in our QIP section at the end of this Newsletter, we have been conducting our fire drills at Preschool and we thought it would be a good time to talk about emergency situations that may occur in your home with your children.

Some great questions to ask and discuss in a fire emergency are:

What number do you call in an emergency and who would you ask for?

What is your address?

What suburb do you live in?

What state do you live in?

If there is a fire at your house where should you try and get to? The mailbox is usually a good meeting place for the family in an emergency situation.

Get  
down low  
and go, go,  
go.



## May Birthdays'

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

Susanna—5yrs

Tyler—4yrs

Thomas—5yrs





# HOLIDAY PROGRAMME

We have had so much fun this holiday programme. It was an opportunity for the children to further their skills through creativity, problem solving, imagination, role play, sustainability and collaborative experiences.

Here are some of our highlights from the past fortnight.



We opened our own Cinema



We took a trip to Disneyland



Our crew of Pirates and Princesses searched for treasure!



# HOLIDAY PROGRAMME



We celebrated friendship by making our own friendship chain!

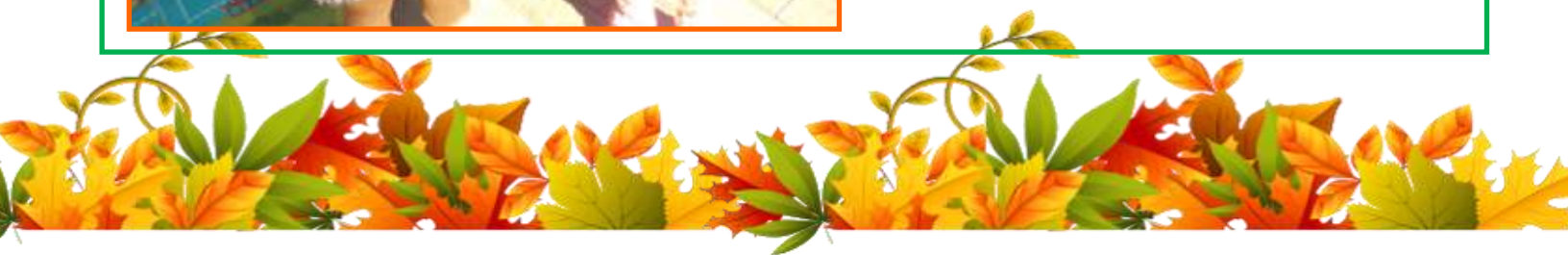


We got active on sports day!



*Lest  
we forget*

We celebrated our ANZACS





# HOME LEARNING

Our friends have been very busy at home.....



Jessica made the Jelly Fish Craft



Aurora made the egg carton Easter decorations and cut out and decorated Easter Bunny's.



Kaylan drew Deon for her picture of something starting with the 'd' sound





# HOME LEARNING

## Our Home Learning focus this month is on the benefits of dancing.

Children combine gross and fine motor movement and balance to achieve increasingly complex patterns of activity when engaging in dance and creative movement.

### Improved Physical Health

Dancing is a highly physical activity, and children that dance regularly will have significant improvement in their overall physical health. Regular opportunities to dance can increase children's flexibility, range of motion, physical strength and stamina. The repetitive movements involved in dance can improve muscle tone, correct poor posture, increase balance and coordination and improve overall cardiovascular health. Dancing is an aerobic form of exercise.

### Socialisation Benefits

In addition to being a physical activity, dancing is also a highly social activity. When dancing with others, dancing will help children improve their social and communication skills, learn how to work as part of a team, develop a greater sense of trust and cooperation and make new friends. Dance can also help to alleviate fears related to performing in front of an audience.

### Educational Benefits

Along with the physical benefits, dancing helps to spark creativity in children, it helps children learn about spatial awareness, rhythm and moving to a beat. It can help children explore their home culture and extend their knowledge of other cultures.

### Improved Self-Esteem

As children adjust to the movements and postures required in dance, they begin to get a better sense of their bodies. As they become more comfortable in their own skin, their confidence and self-esteem also improve. Dancing can encourage children to foster a more positive attitude and explore their own self-expression.

Take a look at these resources at home and dance along!

Dancing Face: <https://www.abc.net.au/abckids/shows/justine-clarke-songs/video/dancing-face/11394840>

Everywhere's a Dance Floor: <https://www.youtube.com/watch?v=KWBmameg-fc>

BROLGA Bangarra Dance Theatre Education Resource <https://www.youtube.com/watch?v=zxnr4q1EIA>

Hula: <https://www.youtube.com/watch?v=LcTrvTrRvqA>

The Monkey Dance: <https://www.youtube.com/watch?v=jdZ-sjwoChI>

Scottish Dancing: <https://www.youtube.com/watch?v=vdRZSFzm6ts>





## Phonemic Awareness Programme

To conclude the end of Term 1 with our phonemic awareness programme the children had the pleasure of meeting the Letterland character Dippy Duck. When Dippy is not splashing and diving in her duck pond she loves to draw. Dippy Duck does not 'QUACK' like other ducks. She's the Letterland duck so she makes a short 'd...d...d' sound instead.

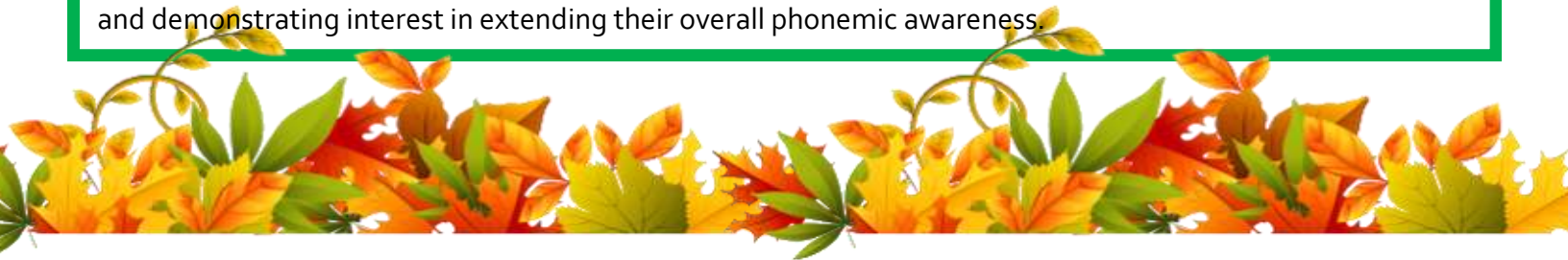
To practice Dippy Duck's letter sound the children were given the opportunity to engage in a fun group experience where together they discovered items that had a short 'd...' sound. A fun hands on experience was provided which consisted of a wide variety of items that had a 'd' letter sound had been wrapped up and placed in a cane basket for our Dippy Duck Lucky Dip game.

Every afternoon the children had the best fun playing the Dippy Duck Lucky Dip Game. The children also were encouraged to practice making the 'd' sound by singing along to the 'd' sound Bounce Patrol video as well as reading the Dippy Duck story.

### Revision

Throughout the holiday program the children have been given the opportunity to revisit the various Letterland characters they have met throughout Term 1 including, Sammy *Snake*; *Annie Apple*; *Clever Cat*, *Bouncy Ben* and *Dippy Duck*.

Using our Letterland resources, they have enjoyed rediscovering the various adventures these characters get up to in Letterland. The children have been encouraging them to practise producing the various letter sounds. The children were given the opportunity to engage in another Letterland scavenger hunt. Before the scavenger hunt took place a brief discussion was had surrounding the items that had been hidden and focused on the various letter sounds we had done during Term 1. Once all the items had been discovered all the children sat together in a circle and identified the items and practised producing the appropriate letter sound, for example, Baby- , "b...b...b..." and , Dinosaur- "d..d..d" . This experience was a huge hit with all the children. They all appeared to have really enjoyed this experience whilst displaying great turn- taking skills and demonstrating interest in extending their overall phonemic awareness.





Did you know it is recommended that water bottles are washed as often as you wash your drinking cups and glasses? If you don't, they can become smelly and mouldy so, keeping your family's water bottles clean and stored correctly is important.

Filling your water bottles with fresh water is best. And remember, over time the plastic will deteriorate. Replacing your water bottles regularly (at least once a year) is recommended.



### Ways to keep drink bottles clean

- Tip unused water out at the end of the day.
- Wash water bottles with warm soapy water every day. Some water bottles are dishwasher safe, if so pop them in to get a thorough clean.
- If your water bottles need a more intense clean, try bi-carb (baking soda) or vinegar. Avoid using bleach as it is not safe to consume and leaves an odour.
- If a bottle has visible black mould spots. Wash and scrub to remove mould, then go through the thorough cleaning process below.

Cleaning agent	Step 1	Step 2	Step 3*
<b>Bi-carb soda (baking soda)</b>	For most bottle sizes, add 2-4 tsp of bi-carb soda and fill with warm water. Shake, then leave over-night.	Next day discard and rinse out with water.	Air dry with lid off.

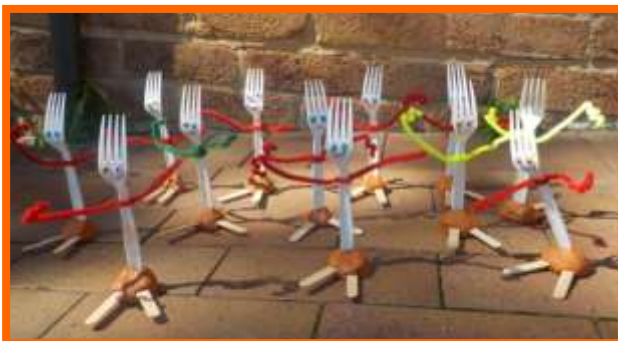


## Sustainability Report

The preschool children and educators are continuing to work on practices that support our sustainability programme. During the holidays, we were able to use lots of recycled resources and made use of craft materials we already had at preschool such as kitchen roll tubes for telescopes, old plant pots to decorate and plant seeds in and plastic forks to make Forky. We engaged the children in conversations when using these items about reusing things we already had at preschool and how they could do the same at home. We are also continuing with our recycling programmes, encouraging the children to recycle paper and cardboard and also disposing of their plastic wrappers in the 'scrunch' bin which is then recycled at Coles. Our worms are very appreciative of the fruit and vegetable scraps and we have been having conversations with the children about what type of food the worms like and what we use the worm wee for.



Recycled Craft to make telescopes and things that go!



Watering our garden with rain water and worm wee



Our planting on green day





## Quality Improvement Plan (QIP):

We have recently been practicing emergency evacuation drills with the children at Preschool.

The children are asked in a very calm manner to follow the Educator's instructions. The children all do a great job as they move outside to our meeting place, listen for their name to be called on the roll and then as a group, safely move further away from the building.

*Great job everyone!*

A fire drill is when we practice what to do if there was a real fire.



## Dates to Remember!

Due to social distancing laws we are unable to proceed with planned excursions, incursions and our annual Mother's Day Dinner during the month of May.



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