

# Mt Colah Preschool Kindergarten



*a caring place to learn and grow*



## Preschool Christmas Party

**Yes, it is that time of year!** Please pop this date in your diary. Our Preschool Christmas Party will be held on the morning of **Friday, 7th December.**

The event is held in the Church. Children are to be dropped off to Preschool before 9am and parents enter the Church from the front of the building.

Please note the parents entry to the Church will not be opened until **9.10am.** Also, we are asked every year by parents, "Where will my child be standing" unfortunately, as we have 70 children to organise into lines on the morning prior to walking into the Church, we have no way of advising where each child will stand. A note will be coming home to you shortly with all the information about times and how to RSVP!

## Preschool Philosophy

Our Preschool Philosophy is important as it provides a clearly defined statement of our policies, aims, values and beliefs in relation to early childhood education and care. It also reflects commitment to the relationships needed for a successful learning environment such as collaboration with family and the support and development of our teachers. In essence, the Philosophy becomes the cornerstone on which all decisions for daily interaction and operation are founded. We are currently undergoing our annual review of our Preschool Philosophy.

We continue to focus our Philosophy on three areas that we believe will create a vibrant and inclusive learning environment for children, family and teachers.

[Relationships](#)   [Reflection](#)   [Resilience](#)

We invite all families to forward any comments on our current Philosophy as we undergo this review. Please pass your comments onto your child's teacher.



# November 2018

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## Our Preschool Programme Past Month in Review

**Sweetpeas:** During the school holidays the Sweetpea's have had fun filled days joining in with so many craft experiences on days like, Crazy sock Day, Teddy Bears Picnic and Pamper Day to name a few. Spring Day was a perfect time to practice our gardening skills. We had fun getting our hands into soil as we filled cups and every so gently planted the small Petunias and Alyssum seedlings to take home. We learnt about seasons and how seeds grow. Looked at some seeds we can eat and others that are only meant for planting. The importance of rain for our farmers was reinforced as the children are becoming more aware about the need to water plants in order for them to grow. We finished off the holiday program with an Emergency Service Day. How lucky are we to have Teon, who is part of the SES, to talk to us about the very important work they do helping people. The children practiced dialing 000 by listening to a mock call and all the questions they might be asked over the phone by the operator. She brought the SES truck in for us to look at, causing quite a stir. The children excitedly waited for their turn to look at all the equipment Teon had to show us like chainsaws, special clothing worn for protection, helmets, gloves and lots of rope. The children got to sit inside the truck and Teon showed us how she talks on the radio. She was careful to warn everyone that the siren was very loud before she turned it on. It was very exciting, but a little too noisy for some who had to cover their ears. This has been a wonderful two weeks of fun and learning. *'What we learn with pleasure, we never forget' – Alfred Mercier*

**Bluebells:** The Bluebells had fun these school holidays participating in cultural days. We had the opportunity to discover and experience cultural diversity through a sushi filled Asia Day. We learnt that there are many countries that form Asia and each one has their own unique language and culture. We explored traditional food and got a chance to roll delicious sushi which we had for afternoon tea. We looked at iconic attractions like the Great Wall of China and the famous Shibuya crossing in Tokyo, the busiest pedestrian crossing in the world. We practiced pronouncing some Mandarin and Japanese words. We listened to the Wiggles singing about colours and numbers and the children really enjoyed making origami fish for craft. There was also a rhythmic African Day with 'Ghana Have Some Fun'. We all enjoyed a special performance by Jonas, a drummer from Ghana. He was passionate about his culture and allowed us to experience a little taste as he demonstrated different African instruments as well as teaching us some words and traditions. He told us a fable about Simba the lion and his friend Monkey and the importance of loyalty and friendship. His enthusiasm managed to get everyone on their feet dancing and clapping in time to his drum beats. What a great opportunity to learn about other cultures, creating craft listening to music and storytelling. *'The beauty of the world lies in the diversity of it's people' - Unknown*





## Our Preschool Programme Past Month in Review

### Schoolies:

In preparation for school next year educators have been working on encouraging the children to foster and further develop their self- help skills and independence has been an ongoing practice throughout the year.

It has been wonderful to see many of our Schoolies and their families carrying out the new morning drop- off method over the past few weeks. It's been very humbling to see the children expressing increased confidence; independence and pride as place their lunch boxes in the baskets, decide on their choice of locker, locate their name tag on the board and practicing to write their name before placing their name age on the preferred locker. This was something that was discussed at our recent, 'Transition to school information night and is being put in place during Term 4.

During the holiday program many of the children were given the opportunity to make their own sandwich during our Teddy Bears Picnic day. A wide variety of ingredients were provided, along with different tools to use and manipulate including, a butter knife and tongs. During this experience the children were given the opportunity to make their own choice of spreads and ingredients as well as the freedom to make their sandwich on their own. They all appeared to have really enjoyed this experience making some unique flavour choices.



Encouraging your child to prepare and make their own lunch is something that you may like to offer at home, as well as also encouraging them to play an active role in the morning routine at home, e.g. ensuring their hat, drink bottles and lunchboxes are packed in their bags. By doing this it will allow them to take ownership and responsibility of their belongings and independence. It will also make them aware of the items they have in their bag for the day ahead in the school setting.

This Department of Education link provides some helpful tips for preparing you and your child for school next year. <https://education.nsw.gov.au/public-schools/going-to-a-public-school/media/documents/getting-ready-for-school.pdf>



How much fun was our recent holiday programme!



# Benny Time



We were very lucky to have a special performance by Benny Time which was won by Oliver H's Mum Simone for the Preschool.

Benny Time came to sing with the children. He introduced us to his three different instruments which included a banjo, acoustic guitar and a ukulele. We learnt a bit about these different types of guitars and even got to play some.

Benny was very enthusiastic and got all the children involved with his songs in which we were able to sing and dance our little hearts away. We especially loved his take on The Gumtree Family which the children used to introduce themselves to Benny.

Here at Preschool we love the joy music brings us so this was a great opportunity for us to further extend our love of music and song.

A big thank you to Simone and Benny for this wonderful experience.



WHO misses you?



## Warm and Fuzzy Feelings!

Recently Deon made a visit to her home town in Scotland. On her first day back she sat chatting to the children. Patrick announced loudly *"This is the greatest day ever!"* Imogen asked him why and he replied *"Cos Deon's back"*.

## Scholastic Book Club

Issue 7 is now in your pockets and orders are due back on Tuesday 30th October. You will notice some Christmas books this time. There will be more available in Issue 8 which will be the last one of the year. If you would like to place an order, you can do this by returning the order form and money to preschool or ordering through the LOOP app. All orders are delivered to preschool. *Thank you for all the orders received so far.*



*It is a busy time of year with many events coming up over the next month. Please remember to return forms for upcoming events—Kindifarm, Steps Programme, Big Band Visit and participation in our fundraiser. Thanks for your support!*

## November Birthday's

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

Elliot—5yrs

Nathan—5yrs

Sophia—5yrs

Sam—4yrs

Liam —5yrs

Eliza —5yrs

Amelia-5yrs

James—5yrs

Happy  
Birthday



# Big School Week!

Week Commencing November 26th

Children heading off to school next year are very welcome to wear their school uniform during this week. During Big School Week we will be having visits from local schools. A teacher and several kindergarten students visit and talk to all the children about school, show off their school uniforms and read our preschooler's stories.



The teacher also introduces our children to a book called "Big School". This book was produced in collaboration between local schools and local prior to school services and offers the preschooler's a great pictorial guide to all the different places in our local schools. This book is then left out for our Preschool children to look at for the remainder of the year. We have been conducting Big School Week in collaboration with local schools for a number of years as it provides another Important transitional link for the children heading off to school



## Preschool Accounts

Your final account for 2018 will be distributed mid November with all payments due by Friday December 7th. This account will include all fees up until our closing day of December 21st. It will also include the refund of the \$100 holding deposit to those families whose children are heading off to school next year. Therefore, could we please remind everyone to keep a close eye on their accounts over coming weeks to ensure that all payments are up to date and for those leaving Preschool, please consider stopping any automatic fee payments you may have set up to avoid your account going into credit, especially considering the refund of your holding deposit.

## Casual Days Book

As the Preschool accounts are being finalised in December please be aware that the Casual Days Book finishes operating at the end of November.



## Preschool Policies Reviewed this Month

This month we have reviewed our *Enrolment and Orientation Policy*. This policy ensures our enrolment procedures from waiting list through to orientation and placement are current with required legislation. It also covers parental requirements to ensure all enrolment information is provided prior to commencement and to ensure any changes to family and child information is passed onto the Preschool. This policy also covers our termination procedure which remains at 4 weeks notice in writing and updates our procedures for withdrawal of a child within the last 4 weeks of the Preschool year. A copy of this recently updated policy can be found at the sign in table, please feel free to read.



We have also recently reviewed our *Head Lice Policy*. This policy has now changed to include parents will be required to collect from Preschool children found with head lice and they are not to return until they have been treated. The Preschool is happy to provide information on how to appropriately treat head lice. The policy also requires children with long hair to wear it tied up at Preschool to minimise the spread of head lice.

Policies also reviewed without change are: *Guiding Children's Behaviour Policy and Food Safety and Hygiene Policy*.

All policies are kept for families to access at any time from the sign in table. If you have any questions in relation to our policies please ask one of our educators.



## Sun Safe Reminder

Please send a hat that covers your child's ears, to Preschool on every day that your child attends. It is also important to ensure your child is wearing clothes that covers their shoulders. As the weather warms up we will be encouraging the children to drink more water each day, so please don't forget their water

bottle Thank you.





# Excursion to the Plant Bug

Thursday, October 18th



*The Schoolies* embarked on an excursion to our local nursery The Plant Bug this month. Upon our arrival at the nursery each group was given a flower, herb or vegetable to purchase for our preschool garden. The children did a great job of exploring the nursery to find their allocated vegetation.

This was a great opportunity for the Schoolies as they continue to broaden their knowledge around sustainability and the natural environment. It also allowed them to further their connections with our local community.

*A big thank you to The Plant Bug who kindly provided us with a discount on our purchases. Also a big thank you to our volunteers Noni, Ian, Janice, Donna, Robyn and Patricia – without your help this excursion would not have been possible.*





Mount Colah Public School

# Performance Band

Presents:

# Preschool Proms!



**\*Music for littlies\* \*Free concert\***

**Monday 12<sup>th</sup> November @ 11:00am**

**Mount Colah Uniting Church (Cnr Pacific Hwy and Amaroo Ave)**

Brought to you by the Mount Colah Public School Music Program

[musicprogram@mcpspanc.asn.au](mailto:musicprogram@mcpspanc.asn.au)



# Fun with Phonics

We have had fun revisiting our Letterland friends and we also met the lovely Talking Tess.



During the Holiday Programme we have been doing revision. We revisited our favourite Letterland characters: *Kicking King, Noisy Nick, Oscar Orange, Firefighter Fred and Jumping Jack*. Repetition helps to improve speed in recognition, increase confidence, and strengthen the connections in the brain that help the children learn. It was amazing to see the knowledge the children retained on the sounds they learnt weeks ago. Parents feel free to do sound revision with your children at home to further your child's phonics awareness.



The Schoolies have also been introduced to *Talking Tess* who makes the special 'T' sound. She is always in a *Terrific* hurry, this is because she is a very important person. She is in charge of all the *Telephone* calls and *Televisions* at Letterland. This week the Schoolies made their very own *Talking Tess Telephones* using *Two Tin* cans and string. We watched a short clip on YouTube about how the sound vibrates in the can and then *Travels* through the string and enters the other *Tin* can. The children discovered that if the string isn't pulled *Tight* the sound doesn't *Travel*. The children had a wonderful time experimenting using *Trial* and error during this experience. The Schoolies also played the *Talking* game Chinese whispers where they were encouraged to whisper words around the circle starting with *Talking Tess'* special sound. The children did a great job of identifying 'T' words during this game.

Our Discovery Time has begun for Term 4 and we have been focusing on keeping our body healthy. Here are our Top 5 Tips!



### Get Active



Regular physical activity is important for the healthy growth, development and well-being of children and young people. Children should get at least 3 hours of physical activity every day, including vigorous activities that make them 'huff and puff'. Include activities that strengthen muscles and bones on at least 3 days of the week. Parents should be good role models and have a positive attitude to being active.

### Choose Water



Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks. Reduced fat milk for children over two is a nutritious drink and a great source of calcium. Give kids whole fruit to eat, rather than offering fruit juices that have a lot of sugar.



### Eat More Fruit and Vegetables



Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

Aim to eat two serves of fruit and five serves of vegetables every day. Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

### Switch Off!

Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese. Children and young people should spend no more than two hours a day on 'small screen' entertainment. Break up long periods of use as often as possible. Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.



### Select Healthy Snacks



Healthy snacks help children meet their daily nutritional needs. Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.

Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.



**Quality Improvement Plan (QIP):** As we wind down to the end of another year we take the time to reflect on the improvements that we have made to our service and start to look forward to 2019 and our commitment to ongoing improvement.



Undergoing a complete review of all areas of our service is a huge task and to support this we really appreciate your feedback. If you feel there are areas that we need to further support within our educational environment and the services we provide, please pass your suggestions on to either your child's teacher in person, a note in our mailbox or please send an email .

We appreciate your feedback.

*Thank you for your ongoing support.*

## Dates to Remember!

November 6th	StEPS Vision Screening
November 7th	Kindifarm
November 12th	MCPS Big Band Visit
November 19th	Orientation Week for 2018 new families
November 26th	Big School Week
December 7th	Christmas Party
December 21st	Last Day



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