

Mt Colah Preschool Kindergarten



a caring place to learn and grow



OFF TO SCHOOL...

A positive start to school...

How can you support a positive transition to school for your child.

- Encourage lots of conversations with your child about their school and the things you saw during orientation. Provide the opportunity for them to ask lots of questions and solve the answers together! Above all keep the conversation positive.
- Support the development of your child's independence and self-help skills so they have confidence in their own ability to make decisions and look after themselves and their belongings. Provide opportunity for them to practice this, don't do everything for them.
- Remind them about all the things they are able to do at Preschool that will translate into the new school environment e.g. make friends, play positively, ask teacher if they need anything, sit and listen during group time, write their name, pack and unpack their preschool bag—there are so many things!
- Read to your child, get them involved in the story, ask them questions. Sing songs, read rhymes have fun with music and movement. Sit and draw and use scissors together, let them be creative.
- Keep up social activities during the Christmas break so your children continue their development and confidence in their social skills. Play board games with them, let them visit with grandparents or the cousins without you.

What does a positive transition look like for your child.

Some key indicators are—you may already see some of these traits in your child from our Preschool environment.

- They have a constructive outlook about school and speak in a positive manner about their time at school.
- They are keen to learn and can tell you about things they are learning at school.
- Have a developing sense of self and are keen to participate.



November 2021

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Our Preschool Programme Past Month in Review

Sweetpeas: This month the Sweetpeas have enjoyed engaging in dramatic play experiences. Some favourite themes have been the home corner where the children can often be seen using the kitchen with props such as pretend food, dolls, clothes, and beds. The big wooden blocks have always been a firm favourite drawing children into play by adding tools, dinosaurs, or cars. Other set ups that have been enjoyed are the office, using keyboards, phones with note paper and pens adding doctor equipment to the mix at times. These dramatic play spaces help children explore different roles and situations as they play with these items that adults use in everyday life, helping children learn about their community and surrounding environment. By engaging in these dramatic play scenarios children develop social skills by interacting, sharing, and turn-taking as they negotiate roles and direct each other in play. By acting out scenarios emotional stress can be relieved. Language and communication skills are developed by creating their own story lines and making up spoken dialogue, developing imagination and innovative thinking. *'Childhood is about playing, discovering, and believing in dreams. The imagination and possibilities are endless'*



Bluebells: Over the past few months, the Sweetpeas and Bluebells have been working on strengthening their fundamental movement skills through our Mini Moves program. The skills covered include running, catching a ball, throwing a ball underarm, throwing a ball overarm, kicking and hitting a stationary ball – this one was a favourite! The children have also participated in some more challenging movements such as hopping, skipping and dribbling a stationary ball but through persevering and working together, they are developing the skills necessary to overcome this challenge and laying the foundations of learning these skills. Children use movement skills every day and they are important not only for learning sports skills but can also support self-confidence, social skills and develop body strength. You can practice movement skills easily at home, running in the garden, playing soccer or practicing hopping from a game of hopscotch. If you would like to know more about our Mini Moves program, please come and speak to us.



Schoolies: "I AM STRONG, I AM BRAVE, I AM SMART, I AM KIND." You may have heard your child recently express themselves through these positive affirmations as we continue to build our self-esteem in the Schoolies group. A child's self-esteem is important for success. When children feel confident and secure, they are more likely to succeed and achieve their goals. This has been our focus for the Schoolies group over the last few weeks as they enter their final term at Mt Colah Preschool. The Schoolies have enjoyed participating in activities, songs, stories, games and craft that encourage them to recognise and share their strengths, accept and persist with new challenges and celebrate the strengths and achievements of others. The self-esteem pizzas encouraged the children to select the suitable toppings (funny, clever, helpful etc.) that represent how they feel about themselves. It was wonderful to observe so many heavily topped pizzas! The affirmations wall allowed the children to express their strengths as well as share them with their families. The colourful dice game encouraged the children to verbally assert their capabilities such as "I am great at... riding my bike" or "I am a good friend because... I share the toys" as well as sharing what their friends are also capable of. The children created a 'Garden of Greatness' by constructing flowers with petals attached explaining what they are great at or what they are working towards. We look forward to continuing to build our social and emotional wellbeing here at Mt Colah Preschool and being able to share just how amazing we are and why!



[Walking for a cause!](#)

The educators have been walking in the month of October to raise money for the Black Dog Institute which supports Mental Health.

It is something we are all passionate about and we hope we play a part in developing the children's healthy and happy minds. If you would like to donate, please click the link below.
Thank you!

<https://www.onefootforward.org.au/fundraisers/MtColahPreschool>



Scholastic Book Club

Due to the lockdown, Scholastic have decided to only have one issue this term and this will be coming home in the next few days. This will be a bumper edition with lots of Christmas books available. The closing date for this will be Monday 22nd November to allow delivery and distribution before Christmas. Preschool receives 20% commission for all orders which supports us to update our own book collection, relating to the child's interests. Orders can be placed through the LOOP app or by returning the form and money to preschool.



We are on Facebook and Instagram. Feel free to follow us!

Facebook: Mount Colah Preschool Kindergarten

Instagram: follow us at [`mt_colah_preschool`](https://www.instagram.com/mt_colah_preschool) for all our fun learning experiences



November Birthdays

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

Addie—5 years

Tex—5 years

Margot—5 years





Silkworms



We were gifted with some silkworms from an old preschool family. The children have loved watching their amazing life cycle as they grew, munching on all the mulberry leaves we fed them. They have now begun to spin their cocoons of silk around themselves. We are now awaiting them to become moths.

This had been a great opportunity for the children to engage, observe and develop their curiosity as they learn all about this life cycle and connect to their natural world.



Letterland



During this month the Schoolies were introduced to Talking Tess and the sound 'T'. But that's not all! Over the 2 weeks the children took turns to pull picture cards with word, out of bag and stick them onto our countdown chart. This exercise not only consolidated the focus sound, but it also extended vocabulary as the children discussed each word that was discovered. We also had so much fun playing with telephones and talking to each other through walkie talkies. Jo and Emily had also planned an exciting Telescope craft and with the help of families donating old paper towel rolls this craft experience did not disappoint! The children loved searching the garden and looking up into the sky through their very own hand decorated telescopes.



This month we were also introduced to the Letterland character 'Walter Walrus' and focus sound 'W'. Through hands on sensory experiences and meaningful discussions on real life Walrus' the children explored facts and characteristics of the mighty marine mammal. These discussions provided a great opportunity for the repetition of the focus 'W' sound. We also spoke about the importance of keeping plastics and other harmful man-made materials out of our oceans and water ways. Our friend Sam Rod came into preschool with a big bag of plastic bottles, and it was then decided as a group instead of putting them back into landfill we could make our very own calming sensory bottles filled with all of sorts of craft items.





A look back at our September Holiday Program fun



HOLIDAY PROGRAMME

We had lots of fun in the holiday programme with two different activities every week and it is hard to believe that we are now in our last term of the preschool year. Looking back on what we have done for the last month the children's fine motor skills have been used and developed in most of the activities. Gardening was a favourite and we will be doing more in the weeks have we left.

In the holiday programme LE followed the themes of the days and so we made a doctor's kit, cooked gluten free muffins, planted bean seeds to take home, planted tomato plants in one of our raised veggie gardens and made a Bluey or Bingo balloon.

Plenty of participation as the children were involved in these activities, with lots of discussion and co-operation between the preschoolers as they helped each other.





Gardening – We finally got into our gardens! The children love digging in the soil and in the end our second raised veggie garden was well turned and the new soil mixed thoroughly with the older soil ready to plant pea and bean seedlings. We also trimmed and weeded the sensory garden with lots of great descriptive words used as the children smelt and touched the plants that we have in there. We also offered the trimmed herbs to take home.



Telescopes – We made telescopes when the Schoolies were learning about the sound T in Letterland. We used recycled tubes and there was lots of work for the preschooler's fingers as they rolled the tube in foil, added the cup they had decorated and threaded a cord to hang the telescope around their neck. The telescopes apparently worked really well when the children used them in outdoor play.



Weather Craft - We were rained out from gardening and so crafted a scene of a stormy sky instead. There were lots of details to add and the children all showed their creative skills as they added features. Again their fingers worked hard scrunching foil, painting rain and adding cotton wool for the cloud.



SUSTAINABILITY

The results from the recent survey asking for preferences between donating, Return and Earn money collected, to WIRES or ILF (Indigenous Literacy Foundation) were in favor of ILF. We are happy to say we have delivered the last of our bottles collected during lock down, and have reached our \$100 target, that was set for the end of the year, sooner than expected. All the bottles collected from now on will be a huge bonus and hopefully we will be able to donate extra money to the foundation.



Recycle Bins

We have 5 recycle collection containers at preschool. The big grey scrunch bin for soft plastics, the yellow bin for recycled paper, the green Return and Earn bin for recycled bottles and the bucket for fruit and veggie scraps to feed the worm farm. With practice the children are learning to use the correct bins for recycling understanding the importance of looking after our precious planet.

Preschool Accounts



Your final account for 2021 will be distributed 29th November with all payments due by *Friday December 10th*. This account will include all fees up until our closing day of December 23rd. 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 November please be aware that the Casual Days Book finishes operating at the end of November.

Dates to Remember

November 15—18 Orientation Programme for 2022 TBC

November 22nd & 25th StEPS Vision Screening

December 10th Preschool Christmas Concert (Audience TBC)

December 23rd Last Day of Preschool

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