

Bush Baby News

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TERM 2 WEEK 10 2020



CHAIRPERSONS REPORT

HAPPY PYJAMA WEEK! An absolute highlight of the preschool year and how fortunate we are to be able to be at preschool to enjoy it!

As we all prepare for the school holiday break I would like to take this opportunity to thank our wonderful educators for all their hard work and dedication to our children during the term as they have worked their way through all the changes and challenges presented by COVID-19. I want to also extend my sincere thanks to all our preschool families for your ongoing support of our COVID-Safe policy, and the contribution each and every one of you make to our preschool community.

On behalf of the Board and staff I wish all our families a wonderful and of course healthy school holiday break! The teachers will be looking forward to hearing about all the adventures and memories that were made during the break when the children return to preschool next term.

Stay safe and see you next term!

Kind regards,

Bec Pollard

FAMILY THANK YOU'S

- ✓ Karen Oreshkin for presenting an interesting and informative group time about dental hygiene for the Wednesday and Friday groups. The children enjoyed it, and learnt a lot.

DATES TO REMEMBER Term 2

**Monday 27th April –
Friday 3rd July**

Term 3

**Monday 20th July –
Friday 25th September**

- 17th-21st August,
Science week



- 22nd – 28th
August, Book
week



- Sunday 6th Sept,
Father's day

Term 4



- Class photos 12th,
14th, 16th October
2020.

- ✓ The Ryan Family from last year for the books, toys and mat
- ✓ Kelly Grasso for the large donation of Glen 20 tins. We have had trouble sourcing them.
- ✓ Mr Pollard and Mr Agüero for moving our puppet theatre off the Willow Room verandah to a more convenient place while we wait for it to be installed.
- ✓ The Pollard family for the sourcing a large box of disposable cups.

ROOM REPORTS: WATTLE ROOM

The last few weeks in term 2 have been very busy in the Wattle room. Following on from children's interests we have been looking at emotions. We have read many stories and enjoyed lots of activities. The children had a lot of fun taking "selfies" on the iPad and displaying lots of different emotions. These are displayed in the Wattle room and will be posted on Kinderloop soon.

The children have also shown a strong interest in number and have enjoyed our math's exploration table. We have looked at counting, addition, shapes and length.

We hope you all have a lovely holiday and can't wait to see you back in term 3.

ROOM REPORTS: WILLOW ROOM

We have been busy in the Willow room lately as we welcomed the return of the hermit crabs into their new home (thank you to Bryce's family). They seem to be enjoying their new home and whilst they are happy, we have been doing lots of research to ensure they are cared for correctly. We have also been completing craft for our display.

We have had a focus on the story "The Very Hungry Caterpillar", learning about the life cycle of the butterfly, using our memory recall, storytelling and completing lots of craft to display. This topic will continue into next term, when we move to healthy eating and sustainability.

This week we will enjoy wearing our pajamas, playing games and watching movies before well earned holidays. .

We hope you all have wonderful and safe holidays and look forward to term 3 being filled with fun and learning.

INFORMATION SHARING

Preschool educators believe the care and education of your child is a partnership. We value input and discussions about our program, and information about home activities and

experiences that can be used to enhance our program of learning and make it more relevant for children. Children learn best when they are interested and engaged. They are interested in things they do recreationally. Children learning is also extended when items are repeated in different ways and environments. Any information we can share regarding experiences will improve outcomes for our children.

Another important part of information sharing is involvements with specialists and therapy. If your child is attending any extra curricula sessions, it is valuable for teachers to know, so we can plan to support you. We can even implement specialists programs in conjunction with you, or liaise with specialists.

Other information that is very helpful to share is things that could affect your child's behaviour or personality such as death in the family, separation, new baby or even long term house guests. Preschoolers often confide in teachers, or act out things happening in their environment, and it helps teachers be there for children if we know some background and explanations.

Please organise to speak with teachers if there is any extra information regarding your child that we can help with, or that will help us care for and educate your child more fully.

MARKING APPOINTMENTS

We encourage you to make appointments to discuss anything you would like more information about with your educators. During Covid, the Preschool will not be holding discussions inside the preschool. We encourage to make a convenient time to call and discuss anything. A particular appointment time ensures educators are not busy supervising the group and working on the floor in ratios. Please feel free to make use of this option, especially as the new procedures for pickup and drop off times have limited opportunity for discussions.

THE FAMILY SUPPORT WALL, with information about a range of services in the area, is not able to be accessed at the moment, as it is just inside the door in the wattle room. On researching a suitable position outdoors for easy access, and considering prevailing weather and winds, we have decided to keep it indoors.

Please feel free to ask educators, Kinderloop or email requests for information or recommendations from other families regarding specialists and services, until the Family Support Wall can be accessed.

THE SUGGESTION BOX is outside, at the Wattle Room arrival area. Paper and pens are beside it. Please feel free to place any feedback in there if you don't feel comfortable to approach educators, Mrs Downie or a Board member. Items can also be communicated via Kinderloop or email.

SAFE SLEEPING AT HOME

PRESCHOOLER SLEPP: WHAT YOU NEED TO KNOW

Children aged 3-5 years need **around 11-13 hours of sleep a night**. Some might also have a day nap of about an hour.

Sleep is important for your preschooler's health, growth and development. When children sleep well, they're more settled and happy during the day. Getting the right amount of sleep also strengthens your child's immune system and reduces the risk of infection and illness.

Bedtime routine

Sleep can sometimes come more slowly for preschoolers because they're busy thinking about the day even after they go to bed. A positive bedtime routine can help with this, especially if you follow the routine consistently, both during the week and on weekends.

A bedtime routine for preschoolers might look something like this:

- **6.30 pm:** brush teeth, go to toilet, put on night nappy if needed.
- **6.45 pm:** quiet time – read a book, tell a story, sing a song, have a cuddle.
- **7 pm:** get into bed and kiss goodnight.

Most preschoolers are ready for bed around 7 pm, especially if they've had a big day at preschool. But some can demand more and more bedtime stories as a delaying tactic. You might want to establish a two or three book rule for bedtime, with the promise to read more during the day.

If your child takes a dummy to bed, you might consider encouraging him to let go of the dummy around this time.

Getting up after bedtime

Your preschooler might go through a stage of calling out from bed or getting up after you've said goodnight. Try these tips:

- Avoid boisterous play as well as watching TV and using computers, phones or tablets close to bedtime. These activities can make it harder for your child to settle.
- Establish a consistent, calming bedtime routine.

- Make sure your child's room is quiet, dimly lit and neither too hot nor too cold.
- Before leaving the room, check that your child has everything they need for sleep, like their favourite cuddly toy or blanket. Remind them to stay quietly in bed.
- If you want to establish a routine that doesn't involve going in to your child each time they call out, try to be consistent and respond only if you think they really need something.
- If your child gets out of bed, calmly ask them to go back to bed. Say that you're just in the other room. Repeat this firmly and quietly over and over until your child doesn't get up again.

Sometimes your child might actually need something. If your child is scared of a monster under the bed, quickly check and tell your child there are no monsters. Your child might settle after this. If your child is scared of the dark, think about using a night-light.

If your child is having sleep problems, it's often best to deal with them using behaviour strategies like bedtime routines. Sleep medications aren't usually the solution to children's sleep problems.

Night terrors and nightmares

Night terrors and nightmares are quite common among preschoolers. Night terrors and nightmares happen at different times of the night, and they need to be managed differently.

Night terrors

Night terrors happen in the first few hours of the night, when children are in deep sleep. If your child is having a night terror, he's actually asleep although he looks like he's awake. For example, his eyes might be open or he might be moving around. But he won't respond to you as he normally would.

Night terrors can be frightening to watch, but **they don't hurt your child**.

Don't wake your child during a night terror, because this often makes it last longer. Instead, wait for your child to stop crying and thrashing about. Guide her back to bed if she has climbed out. Children usually settle back to sleep quickly after a night terror and have no memory of it in the morning.

Nightmares

Nightmares tend to happen in the second half of the night, when children dream the most. They're related to preschoolers' developing imaginations. If your child has a nightmare, they might wake up upset. They'll be able to remember the nightmare and talk to you.

If your child has a nightmare, they'll need cuddles, comfort and reassurance – for example, 'Bad dreams are very scary, aren't they?' Your child might take a while to go back to sleep.

Night-time wetting

Even if your child uses the toilet during the day, they might still wet at night.

Putting a night-light on and a potty in your child's room might prompt your child to wee there during the night. Let your child know that you'll help if they need it. You can also get night-time nappies or pull-ups for older children.

Night-time wetting is most common in children under seven years, but it also happens in older children. Most children grow out of night-time wetting by themselves. But if you're concerned about your child's night-time wetting, talk to your GP.

Adapted from: <https://raisingchildren.net.au/preschoolers/sleep/understanding-sleep/preschooler-sleep#preschooler-sleep-what-you-need-to-know-nav-title>

PYJAMA WEEK AT PRESCHOOL

Last week of term 2 EVERY DAY

Monday 29 to Friday 3 July. The last week of term 2.

As an end of term activity, Preschool has a "Pyjama Week". Each day of preschool during the week children (and teachers) will wear pyjamas to preschool.

We will have pyjama activities, cook pop corn and go to "The movies" (watching some educational type shows on our big screens) after fruit time, as a fun activity.

LOOKING FORWARD TO A FUN WEEK OF "SLEEPY ACTIVITIES"

Teachers suggest older pyjamas, as we will continue to paint, skivvies underneath for warmth and runners instead of slippers, as we will still have outdoor time.

REST AND SLEEP AT PRESCHOOL

Our daily routine provides many sections of the day where children can experience down time and withdraw a little from the busy environment if they feel the need. Quiet areas are planned every day indoors and outside for relaxation and rest, such as book corner, quiet drawing, manipulatives and mats.

The daily schedule provides several quiet times, for example after lunch is quiet independent book reading, and coming indoors after outdoor play the group usually does some relaxation, yoga or story time.

Preschool has sleep mats, clean sheets, pillows and blankets for resting if children need to. These are placed in a quiet area of the room within view of teachers. Teachers usually call parents to seek feedback on their wishes regarding children sleeping and how long they should be left. Please ask if you have any questions or comments.

PARENT HELPER DAYS

Parents helping in the Preschool environment have been suspended until further notice. This is in line with our COVID safe Policy, which limits visitors inside the Preschool. We look forward to the time we can welcome families back into Preschool and share our day with you.

Other ways you can help currently include:

- gardening, there is always tidying and raking to do
- We need someone to install our puppet theatre, concrete two poles in and screw it to them to attach it

Fruit Juice Drinks – Good or bad?

Fruit juice drinks with less than 99% juice are classed as a **RED (sometimes)** drink and should only be given to children occasionally. Water is the best drink for children, but if you want to give your child juice select 99 – 100% pure juice in small serving sizes of 200 ml or less. While

Get active

Toddlers and pre-schoolers should be physically active for at least 3 hours per day, and limit their use of small screen entertainment (computer games, computer and TV) to no more than 1 hour per day for those aged 2-5 years. No screen time is recommended for children younger than two years of age.



EMERGENCY PROCEDURES

We will be practicing our emergency procedures this week. We will be practicing lockdown, and our procedures which go with this. This ensures children and staff are not concerned if anything really happens, everyone knows what to do, we are prepared, and we have discovered any procedures that need to be re-evaluated or changed.

If you have any questions or comments please feel free to talk to Mrs Downie, contact by email or Kinderloop.

