

Bush Baby News

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TERM 4 WEEK 1 2020



CHAIRPERSONS REPORT

Welcome back for our final term of 2020 - HOORAY I hear you all say! I hope everyone had an enjoyable break and is feeling rested and ready to go for what promises to be a busy few months for the children and staff as we hit the downhill run to the summer break and many of our friends prepare for their next adventure - big school!

The staff and board at preschool are always striving to deliver a service that is of the highest quality, and importantly, reflects the wishes and expectations of the families that attend. You will have seen some posts on Kinderloop regarding the biennial survey that preschool put out to families to gather feedback on the service we are providing, and importantly what families feel we can tweak, add or improve upon. This survey is of particular importance this year as our COVID-Safe operating procedures mean that there is less daily contact and informal conversations between staff and families, and of course this means less opportunity for staff to gauge satisfaction and gather feedback as the year has progressed. So please, if you haven't already, we would sincerely appreciate your time in completing the survey (link available on relevant Kinderloop post) as your feedback is extremely valuable to the preschool moving forward. To everyone who has already completed the survey, thank you very much.

Over the past few weeks we have seen some COVID cases pop up in and around our wider community. While this is to be expected and is not a cause for alarm, it is a reminder that we need to continue to be vigilant and to keep doing the things we know make a big difference - hand hygiene, distancing and staying home and being tested at the first sign of a COVID-related symptom to protect our families and

DATES TO REMEMBER Term 4



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

our community, and to allow us to keep living with the relative freedom we are enjoying at this time. At this stage preschool will still require a negative COVID test result for any child who displays cold or flu symptoms before they can return to preschool.

We appreciate our preschool community for all you are doing to ensure we are able to continue to operate in a COVID-Safe environment. The respectful compliance to our policies and procedures has allows our children to continue to come to preschool each week and enjoy learning through play, as well as all the interesting experiences offered by our wonderful educators.

Stay safe and let's keep washing our hands really, really well!

Kind regards,

Bec Pollard

IMPORTANT REMINDER

COVID UPDATE

The current guidelines for arrival and pickup at Preschool remain the same for term 4. We will continue to keep you updated of any changes as we are advised of them. Since we will now be commencing our Summer Program from term 4, it would be appreciated if all families could try to be at Preschool by 9.30, as we are supposed to begin our day outdoors, and we cannot do this until all children have arrived, to minimise contacts. This also means it is important to ring Preschool if you are not attending for that day, so we are not waiting for you to arrive before going outdoors.

We need to go outdoors as soon as possible to minimise exposure to harmful UV rays between 11 and 3pm. This is our policy, and the current recommendations from the Cancer Council. Please assist us to run our program by arriving before 9.30am.

WALKATHON

Thank you to all the families that sponsored for this years walkathon. We are still awaiting on some money to be returned and would kindly ask that it is returned by Friday 16th October when this years prize winners will be announced.

FROM OFFICE

- Reminder of no fees payable for Term 4.

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.

HEALTHY EATING

Lunch Box Ideas



A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child's lunch box is, it won't provide any nutritional value if it doesn't get eaten!

The solution is to make packed lunches as interesting and nutritious as possible – and to encourage your child to be involved in filling their own lunchbox from a range of healthy options. It doesn't have to be difficult, time-consuming or expensive. For example; sandwiches and rolls – a favourite among lots of kids – are simple and easy to prepare. Here are some simple, tasty and nutritious ideas for you to try when preparing your child's lunchbox.

What to put in the lunchbox

A good helping of fruit and vegetables

Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich. Fruit cut up ready to eat is great!!

Starchy food

like bread, rice, potatoes and pasta. Have a variety to choose from, such as wholegrain, wholemeal or high fibre breads, such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice; or tricolour pasta.

Lean protein

boiled eggs; beans; or lean meat such as beef or chicken. Remember seafood products not to be brought to preschool.

Reduced fat dairy food

like reduced fat yoghurt, reduced fat cheese or reduced fat milk

A bottle of water

to keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

Healthy choices

look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

Nutritious snacks

such as small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.

And remember: Treats like chocolate or chips SHOULD NOT BE INCLUDED for preschool

Practical tips

- Include a frozen bottle of water during summer. It will still be cold at lunchtime and keep the food cool too.
- Wash and dry salad vegetables thoroughly to avoid 'soggy sandwiches'.
- Don't forget a spoon when packing yoghurt or tubs of fruit
- For busy families, prepare lunchboxes and sandwiches the night before and store them in the fridge to ensure your child always has a healthy lunch with them.
- Wash, rinse and thoroughly dry lunchboxes after every use to keep them safe and clean.

When it just isn't working

If your child doesn't eat their lunch, ask yourself:

- Is lunch boring? Try to pack a different lunch every day. For younger children, try cutting the sandwiches in different ways. Is it too much? If so, offer smaller servings. Half a sandwich might be more appropriate than a whole one.
- Is it too fiddly? Some children are put off by fiddly packaging or don't like getting sticky hands. Try removing the orange peel or cut a kiwi in half and add a spoon.

Watch this space, for more Healthy lunch box ideas..

