

# Bush Baby News

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TERM 1 WEEK 10 2019



## CHAIRPERSONS REPORT

It is hard to believe we are almost at the end of Term 1, and I couldn't think of a more fitting way to head off to school holidays than the colourful and fun Easter Hat Parades we are enjoying this week. Well done to all the children (and their helpers!) for their wonderfully colourful and creative Easter hats!

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, and also to thank all our preschool families for the contribution you all make to our preschool and our preschool community.

The Board met recently and had a very productive meeting with all the new Board members being brought up to speed with their roles within the Board structure and the finer details of our preschool operations and governance. Importantly at this meeting we also had some preliminary discussions around fundraising initiatives for 2019. Our next Board Meeting will take place on Monday 6 May 2019 and we will be working to lock in our fundraising activities for the year at this meeting. Fundraising is the primary way we are able to fund improvements and other capital works for our preschool so we are very keen to make sure we can maximise the effectiveness of our fundraising efforts. To this end the Board is eager to receive any feedback or suggestions you may have for our fundraising activities in 2019. Suggestions and feedback can be left in the Suggestion Box at the sign-in desk before the next Board Meeting for consideration in our discussions and planning.

## DATES TO REMEMBER Term 1

Tuesday 29<sup>th</sup> January -  
Friday 12<sup>th</sup> April

- Monday 8<sup>th</sup> April
- Wednesday 10<sup>th</sup> April
- Friday 12<sup>th</sup> April
- Easter hat parades at preschool



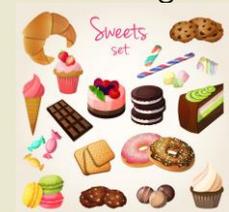
## Term 2

Monday 29<sup>th</sup> April – Friday  
5<sup>th</sup> July

## Term 3

Monday 22<sup>nd</sup> July – Friday  
27<sup>th</sup> September

- Bunnings Cake Stall – Saturday  
31<sup>st</sup> August 19



## Term 4

Monday 14<sup>th</sup> October –  
Friday 20<sup>th</sup> December

As this is the final newsletter before our Term 1 school holidays, on behalf of the Board, I would like to wish everyone a very Happy Easter and a safe and happy holidays... See you in Term 2!

Regards,

Bec Pollard

## A BIG THANK YOU...



The Fell family for the donation of puzzles

Art (Brooke's husband) for the Perspex cut to size for our new sign in cupboard

Cilia Family for the new sign in cupboard

Hobson family for the donation of books

Hamilton family for the click puzzle and apron

Thank you to the families who came and shared some of their family background and activities with us during Harmony Week. The children loved joining in with Mitchell, Xavier, Latrell, Lily, Levi and James' family presentations. We really appreciate the time and effort you put in to share with us.



## CAKE STALL – Father's day

You will have noticed the addition to dates to remember of a cake stall at Bunnings. We booked this last year to get the day before Father's day, which should be busy at Bunnings. Lots of father's day type cakes would go well, or happy Father's day written on the top of them. More information to come, for now put it in your diary to cook and hopefully you can come and serve for an hour or two.



## HAT PARADES

Hat parades on Monday, Wednesday and Friday this week. All welcome to come and watch. We have been learning some songs for you to see. An Easter egg hunt will follow the parade. We will be finished before school pickup time.

## ROOM REPORTS ON OUR PROGRAM

### WATTLE

We have had a wonderful term in the Wattle room, getting to know new friends, new teachers and new routines. We have all done very well in learning to make good choices and progress in many of our self-help skills including taking ownership for our belongings, putting on our own clothing items and looking after our own personal hygiene. We have taken part in many projects this term, starting with some exploration of recycling including composting. Many of the children have helped to contribute to our school compost and worm farm and added to our room compost also. The Wattle room have taken part in recycling games sorting rubbish types and working in our recycling plant in home corner. All of which has helped us in working toward our Preschool addition to the Camden show. Road safety discussions and education have taken place in the last couple of weeks with the children learning how important seatbelts are and that everyone should wear one, every time we are in a vehicle, because seatbelts keep us safe. We have discussed crossing the road safely, singing

Along to a song 'stop, look and listen' that the children responded very enthusiastically to. There has been discussion and lessons on being safe near the road and that after we stop, look and listen we must hold a grown-ups hand. The children took ownership of both of these tasks by creating safety officer badges that showed they were confident in applying these safety strategies. The Wattle room staff wish all of our friends and families a safe and happy school holidays and we very much look forward to our return for a great term 2.

Mrs Ashton, Mrs Adams, Mrs Downie and Mrs Mills

### WILLOW

What a busy term we have had in the Willow Room with so much fun and learning. We have had a strong interest over the past few weeks on our sustainable preschool environment. We have been involved in caring for our preschool compost bins and worm farms as well as creating our own indoor compost to allow the children a view of the procedures that go on inside the compost bin, they are also contributing to it on a daily basis. We have created our hydration station where we can rehydrate our bodies with water, important for our health.

To follow on with our sustainable environment the children were all involved in making bread and butter as they have been learning about living and eating things from the land. They all appeared to enjoy this experience which has opened the way for us to begin planting in the vegetable garden. The last week of term the children will be utilizing their recycled milk containers to make pots in which they will plant seeds to eventually end up in the vegetable garden. As we are sustainable the remainder of the milk container will be used as a watering can.

The Willow Room staff and friends would like to wish everyone a safe and happy Easter holiday break and we look forward to another term of fun and learning upon your return.

Mrs Sayre, Mrs Odgers, Mrs Downie and Mrs Angilley

## **SAFE SLEEPING FOR HOME -**

SPECIAL INFORMATION ARTICLE



## **SAFE SLEEPING FOR BABIES**

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby from unknown causes. In Australia, SIDS accounts for the deaths of more babies than any other cause. It is still not clear what causes SIDS, however, being aware of, and implementing safe sleeping practices will reduce the risk of SIDS.

The following information is taken from SIDS and Kids Infant Safe Sleeping program, which is based on scientific evidence. More information can be found on their website ([www.sidsandkids.org](http://www.sidsandkids.org)).

Families should follow these guidelines:

- Sleeping babies on their backs, not on their tummies or side. Placing babies on their backs means they have airway protection and are less likely to choke
- Ensuring babies faces are not covered with anything, such as doonas, pillows, soft toys or lambs wool.
- Never exposing babies to cigarette smoke
- Providing a safe sleeping environment which includes safe cots, mattresses and bedding and that these meet the Australian Standards
- Never sleeping babies on bean bags, pillows or couches
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## **SAFE SLEEPING FOR TODDLERS AND OLDER CHILDREN**

Although the evidence suggests that the risk of SIDS occurs in the first two years of a child's life, it is good to continue the previous practices. Children should always have a safe place to sleep, away from cigarette smoke .

## **HEALTHY EATING UPDATE**



# Choose water as a drink

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It's okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately **6 teaspoons of sugar**? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra **9 kilograms of sugar** into your system every year!



## Why drink water?

- ★ It helps prevent decay and holes in your teeth.
- ★ The fluoride found in tap water in most areas helps you develop strong teeth.
- ★ Tap water costs a whole lot less than other drinks.

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you've lost through sweating.

**"About two-thirds of the human body is made up of water."**

## Water and your body

- ★ About two-thirds of the human body is made up of water.
- ★ Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.
- ★ Water is lost from the body through sweating, breathing and going to the toilet.
- ★ Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

## How much should I drink each day?

**All children 4-8 years** - 1.2 litres per day or about 5 glasses

**Boys 9-13 years** - 1.6 litres per day or about 6 glasses

**Girls 9-13 years** - 1.4 litres per day or about 5-6 glasses

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.