



Bush Baby News

2 William Street
The Oaks 2570 PH: 4657 1327
admin@theoakspreschool.com.au

**Term 1 – Week 11
2016**

Chairpersons Report

I hope everyone had a very Happy Easter and found time to relax and enjoy the beautiful weather over the long weekend. It's hard to believe we are coming to the end of Term 1 already.

Bunnings:

I would like to extend a very big thank you to the volunteers who came along to help at the Bunnings BBQ. It was a great day and very successful for Preschool. It was nice to have a minute to chat here and there and have a laugh with others in between the mayhem of serving and cooking. Special thanks to my fellow Board members, Jenny Hackett and Nicole Campbell who spent the whole day at Bunnings with me.

Overall we sold almost 600 sausages on the day and raised \$1457.00 for Preschool. This money will go towards some outdoor resources such as new trees, shade sails to provide necessary shade following the storm and ultimate removal of some trees.

Parent Helpers/Volunteers:

This Term has seen a significant reduction in the number of parent helpers we have had at Preschool. While thanks are extended to those who have completed a helper day I must also encourage others to do the same in the months ahead. Preschool requires parents and carers to volunteer throughout the year the number of days their child attends each week plus one. So if your child comes 2 days a week, you need to complete 3 helper days per year.

We understand this is not always easy due to other children or work commitments and we

are happy to try and work around some of the obstacles. Other family members, dads, grandparents can also be helpers and if this is not possible, you may be able to assist in other ways like on weekends or by taking craft *etc.* home. At the end of the day, your help allows fees to stay at a minimum and gives staff the opportunity to remain solely focussed on the education and well-being of our children. Please write your name on the roster for Term 2 sometime this week and thank you in advance.

On behalf of the Board I would like to wish all the staff and families at Preschool a safe and enjoyable holiday. Hopefully you can get to an Anzac service and share the Anzac story with your family prior to returning to Preschool on the 26th April.

'Lest we forget'
Renée Jenkins



Dates to Remember:

Friday 8 April Preschool finishes for term 1
Monday 25 April Anzac Day
Tuesday 26 April Preschool returns for term 2
Sunday May 8 Mothers Day
Monday May 23 Visiting Artist Hooler Hoops and Handstands
Monday 13 June Queens Birthday
Friday 1 July Preschool finishes for term 2

Staffing

During this last week of Preschool, Mrs Downie will be on special leave for an anniversary celebration from 4 April till the 8 April. She will be replaced by Miss Anthony or Mrs Norris.

Mrs Adams will be away from 6-8 April due to an operation on her knee. She will be replaced in the Wattle Room by Elise Giri, who has worked at the Preschool before

Funny Spot

The class was celebrating Mrs Adams birthday. We had just finished singing, and we asked Mrs Adams would she like to blow the candles out. We had 5 candles there. Matilda told us "there is not enough candles!!"



Thank you

Thank you to all the families who assisted with the Bunnings Barbeque. It was reportedly very busy, and a lot of fun.



Thank you to Jenkins Family for installing our replacement pole in our softfall.

Our Program and Portfolios

The major outcomes of The Early Years Learning Framework(EYLF) that guides our teaching and learning are;

Outcome 1: children have a strong sense of identity

Outcome 2: children are connected with and contribute to their world

Outcome 3: children have a strong sense of wellbeing

Outcome 4: children are confident and involved learners

Outcome 5: children are effective communicators

Our Preschool program, activities and staff interactions are aimed at helping children achieve these outcomes in age appropriate stages. Throughout the observations recorded in children's portfolios, you will see references to, or words used from these outcomes. Educators then build further activities to assist children further developing in these areas.

Educators try to keep portfolios up to date with children's work samples and observations throughout the term and you are welcome to view them any time. They are the red folders in baskets in the rooms. Portfolios are completely up to date after the holidays, and you are encouraged to view your child's portfolio at this time. We will have comfortable areas set up for you to sit with your child and enjoy them together during the arrival or pickup times.

ANXIETY AND SOCIAL SKILLS IN CHILDREN

Educators attended training recently titled "Anxiety in Children". This was an interesting insight into the many types of anxiety children can experience through their life. If you are concerned about any particular fears of anxiety your child has, please see an educator, and we can advise if further investigation may be required.

The training covered many disorders and their characteristics, as well as do's and don'ts for working with anxious kids. Some interesting items are:

- There is a difference between fears and anxiety. Fears are a response to close and imminent threats, and anxiety is apprehension and worry without the actual threat of danger.
- Children often report up to 10 fears.
- Most fears during the preschool years are around dangerous situations or separation from parents.
- Most fears recede with age
- Fears emerge, plateau then decline.

Protective factors for anxiety issues are; High self esteem, physical activity, good social skills, secure attachment to caregivers and higher socio economic scale.

Considerations normal/ abnormal anxiety;

- Frequency and age appropriateness of fear
- Intensity- how distressed are they and how long does it last.
- Does it interfere with social functioning
- Does it occur across settings, ie at home, grandparents and preschool

Where to go for help:

www.icamhs.com.au (Infant, Child, Adolescent Mental Health Service)
www.swslhd.nsw.gov.au/MentalHealth/
or GP referral to private psychologist under Better Access Scheme (6-12 sessions subsidised by Medicare).

EARN AND LEARN STICKERS REWARDS

Last week we received our resources we purchased with our earn and learn stickers. They have been on display at the sign on area and include;

- 6 new sand pit brooms
- Bugs in resin to examine
- A magnetic experimentation board
- Some new tap tap nails
- A large packet of small paddle pop sticks, 10 new large magnifying glasses
- A packet of skin coloured pencils.

Thank you to all families who collected stickers for us. We purchased some items we wouldn't have been able to without your support.

Communication with educators

Staff program and cater for children's interests and needs in many ways. We gain information from many sources, including child interviews and discussions, observations, educator discussions and family input. We aim to cater for each child individually and completely. To assist your educators in this, please discuss any therapists or assessments you are undertaking, and if possible give us copies of reports or suggestions for exercises or therapy. Educators are enthusiastic about assisting each child achieve their best, and if we are involved with families and other therapists we can help implement plans

Reminders

- Please label all items, particularly jumpers, as these are being taken off early in the day. Also important to clearly label crunch and sip, so educators can assist your child finding the correct fruit.
- Start the day with sunscreen on. Educators will reapply if we change the program around and go outdoors after lunch.
- Please don't bring toy items to preschool for news, and remind your child they won't be able to tell news every day, as others will need a turn.

SUGGESTIONS/ IDEAS

The Preschool values and responds to all suggestions and ideas families may have. If you have something you would like to suggest or have considered, there are several ways to do this.

1. Approach a staff member or the Director at a suitable time
2. Approach a Board member. Board photos, positions and days of attendance at preschool are displayed at the sign on area
3. Write the suggestion and place it in the suggestion box, kept under the sign on book. Suggestions with names included are easier to respond to directly. Anonymous suggestions will be responded to in the next newsletter after the Board meeting where items are discussed.

There is no such thing as a silly question/suggestion. All input given serious consideration and debate.

FREE AUSTISM WORKSHOPS

Early Days are running FREE Workshops in **Liverpool** to inform parents about Autism, the impact it may be having on their child and how they can help their child. (Children **do not** have to have a diagnosis for their families to attend).

Attendees will:

- Learn strategies to increase communication & understanding with their child.
- Receive a resource kit containing visuals and social stories that they can increase communication with their child.
- Learn about the sensory challenges how to minimize them.
- Develop a profile to share with therapists and doctors/specialists.
- Understand your child's thinking style and identify the thinking time they need.

The details of our next workshops are as follows:

WHAT

Play & Social Learning – Friday 1st April
10:00-1:00pm

Understanding Behaviour – Friday 13th May
9:30-2:30pm

Progression to School – Wednesday 22nd June
9:30-12:30pm

Tips for Everyday Skills – Wednesday 22nd June
1:00-4:00pm

WHERE Club Liverpool, 185 George Street, Liverpool 2170

HOW If you are interested or know someone that would like to attend please register at www.aspect.org.au or call us on 02 8977 8353

Community Notice Board



You are invited to advertise on our community notice board. This is for families wishing to sell goods, advertise party plan businesses, business cards for advertising or anything you would like to tell others about.

Maximum size is A4 page, and ads will be reviewed and replaced regularly when out of date (eg garage sales date has past). Please feel free to add items to the community notice board. Please put your name on the back of any advertising in case we need to contact you for any reason.

Ads with no contact name on the back will not be able to remain on our Preschool Board.

HEALTHY EATING AT PRESCHOOL

A few children have been asking for more food at lunch time. It is a good idea to put extra food in each day, so children can choose how much they need at the time. Teachers remind children that they do not have to eat everything in their lunch box. Good ideas for "extra's" are things that will keep if children do not eat them, such as muesli bars, pieces of fruit or boxes of dried fruit such as sultanas or apples. Some ideas for healthy snacks to include: Strips of celery, carrots or cherry tomatoes, Cheese slices or crackers

Boxes of dried fruit, Containers of cut up fruit, yoghurts, jellies with fruit in them (make several at a time and put tinned or fresh fruit in them before they set.

We encourage families to provide food consistent with the Dietary Guidelines for children and adolescents, as listed below. More information on the Dietary guidelines can be found at the National Health and Medical Research Council's (NHMRC) website: www.health.gov.au/nhmrc/



Dietary guidelines for children and adolescents

1. Encourage and support breastfeeding.
2. Children need appropriate food and physical activity for normal growth and development. Growth should be checked regularly.
3. Enjoy a wide variety of nutritious foods.
4. Eat plenty of breads and cereals, vegetables (including legumes) and fruits.
5. Low fat diets are not suitable for young children. For older children, a diet low in fat and in particular, low in saturated fat, is appropriate.
6. Encourage water as a drink. Alcohol is not recommended for children
7. Eat only a moderate amount of sugars and foods containing added sugars.
8. Choose low salt foods.
9. Eat foods containing calcium.
10. Eat foods containing iron.

