

Bush Baby News

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TERM 2 WEEK 1 2020

CHAIRPERSONS REPORT

A very warm hello and welcome back to all our preschool families and educators!

In the past few weeks school holidays, Easter and even ANZAC Day have not resembled anything we might otherwise be used to, nevertheless I hope you have all managed to make the most of this time, and observe those special days in new and perhaps just as meaningful ways.

Personally I think it has been inspiring to see how Australians have adapted to these new and strange circumstances - businesses, families and even our social circles have managed to adapt in new and creative ways. In particular, I think the way families and communities have found ways to honour the ANZACs this year has been especially significant and could perhaps be best described as the epitome of the 'Australian Spirit' that is said to have been born on the shores of Gallipoli 105 years ago. These lessons in resilience and adaptability are important for us all, and with any luck some of what we are learning through these challenging times will rub off on our little ones and serve them well in the future.

However you are adapting, however you are passing this time, I hope you are all doing well and I hope we are on the road back to life as we once knew it.

As was shared by Mrs Downie on Kinderloop and via email last Friday, the first two weeks of Term 2 will operate much the same as the final two weeks of Term 1. In other words, preschool will be open for children of essential workers

DATES TO REMEMBER Term 2

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

- Sunday 10th May,
Mother's Day

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.

(including essential workers who may be working from home) and any other vulnerable children who need to attend preschool. If you are able to care for your child at home, as per the current public health advice, you are encouraged to do so.

It is imperative that you advise preschool ASAP if you will be sending your child to preschool during the first and second week of term, and what days, so that we can ensure we can program and staff preschool appropriately.

Fees will continue to be put on hold as they were at the end of Term 1, and all student enrolments will be secure regardless of whether the child is attending preschool or being cared for at home. A funding announcement relating to preschool fees was made recently by the NSW Government. At this stage we are still awaiting the detail of the funding package to know if and how it will apply to our service and our families, but as soon as we have confirmation of the details we will share these with you.

Although there has been the announcement by the NSW Government that school aged children will begin to return to school one day per week from May 11 (Week 3), there has not been any specific advice or directions regarding returning to normal operations given to preschools and other similar services. In the absence of any specific information we will plan to follow the lead of schools and have the wider preschool community return with students attending one day per week to begin with. This will involve some work to ensure we don't exceed any student number limits that may be in place at the time, and families will be asked shortly to provide their preferences regarding which day (of their usual days) you would prefer your child to attend. Families are still able to choose to care for their children at home after this May 11 date without risk to their child's enrolment.

As we are all aware, the prevailing public health orders that determine how we are able to operate are a bit of a moving feast, so whilst we will endeavour to plan ahead as best we can, our plans for the foreseeable future are 'subject to change' and we appreciate your support as we work our way through these challenges.

Finally, the Board will be meeting (online) on Monday May 4 to discuss these and other ongoing projects and matters at preschool. In lieu of being able to pop any questions, concerns or feedback in the Suggestion Box at preschool, please feel free to email me at bec_pollard@hotmail.com if you have anything to raise with or be discussed by the Board.

Looking forward to seeing you all (from a socially safe distance!) soon and until then, stay safe :-)

Kind regards,

Bec Pollard

IMPORTANT REMINDER

We aim to keep all children and staff safe and well. We are organising the staggered return to Preschool in line with schools.

Please note that you are able to choose to continue isolation. Your place will be secure at Preschool when you return, whenever that is, and there will be no fees payable.

If you feel you would like your child to return, we will be giving families a choice of one day you can attend initially. This will increase our ability to maintain a high level of supervision with regard to hygiene and social distancing.

Please ensure you respond via kinderloop or email as to which one day you would like to attend Preschool after 11 May 2020, when schools start returning. Families will need to have this information to Preschool by 4 May so we can advise families in advance which day you will be attending in the week starting 11 May.

Preschool will need to ensure we only have a maximum of 10 children in each class for the weeks following this date, until we receive further notification, to ensure we can still comply with social distancing. We are asking families to send their 1st, 2nd and 3rd preference for a days attendance from one of the days already enrolled. We will endeavour to organise children and give families their best choice. If you are an essential worker and already attending, please list all your days.

If you are an essential worker or needing to work from home with no other child care options, and haven't been attending up till this point, please also indicate that.

If you only have one possible option for attending please indicate that in your response too.

Please be aware we will do our best to place children in their usual classroom.

Please see below for the changed procedures regarding drop off and pick up.

WELCOME TO PRESCHOOL DURING COVID-19

Please do not enter if:

- ❖ you have any signs of fever, cough or sore throat.
- ❖ you are in quarantine or have been in contact with someone with COVID-19 in the last 14 days
- ❖ have travelled overseas or interstate in the last 14 days

Only one person to drop children off past the gate point.

Adult to assist child to wash hands at door and hand over to staff member without entering the premises.

Staff member will greet child at door and assist them to unpack.

CLASS PHOTOS

Please note the change of date for our annual class and individual photos. It was necessary to postpone this while the photographer had dates later in the year available to ensure we had as much time to be operating as normal with all families attending before they were held. They will now be held in the first week back of term 4, 12,14,16 October 2020.

HAPPY MOTHERS DAY

We would like to take this opportunity to wish all our families a happy Mothers Day for Sunday May 10. We will not see most of you before then, and haven't been able to complete our usual craft item and card.

IMMUNISATION SCHDULE

NSW Health is advising everyone to ensure they get the flu vaccine in addition to normal vaccines as per the attached schedule. This is to minimise the risk of lower immune systems.

Reference and for more information:

<http://www.health.nsw.gov.au/publichealth/immunisation/schedule.asp>

AGE	DISEASE	VACCINE
CHILDHOOD VACCINES		
Birth (Maternity units)	Hepatitis B	H-B-VAX II (babies before 8 days of age)
2 months (all vaccines may be given as early as 6 weeks)	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B (Hib) Hepatitis B Polio Pneumococcal Rotavirus	INFANRIX HEXA PREVENAR 13 ROTARIX
4 months	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B (Hib) Hepatitis B Polio Pneumococcal Rotavirus	INFANRIX HEXA PREVENAR 13 ROTARIX

6 months	Diphtheria, Tetanus, Pertussis Haemophilus influenzae type B (Hib) Hepatitis B Polio	INFANRIX HEXA
	Pneumococcal	PREVENAR 13
12 months*	Measles, Mumps, Rubella Haemophilus influenzae type B (Hib)Meningococcal C	PRIORIX HIBERIX MENINGITEC
18 months	Varicella (Chicken pox)	VARILRIX
4 years* (all vaccines may be given as early as 3½ years)	Diphtheria, Tetanus, Pertussis, Polio Measles, Mumps, Rubella	INFANRIX-IPV PRIORIX
ADOLESCENT VACCINES (School-Based Program)		
12 years	Human Papillomavirus (female only) Hepatitis B (catch-up only) Varicella (catch-up only) Diphtheria, Tetanus, Pertussis	GARDASIL H-B VAX II VARILRIX BOOSTRIX
15 years (in 2011 and 2012 only)	Diphtheria, Tetanus, Pertussis	BOOSTRIX
ADULT VACCINES		
All - 6 months and over (with medical conditions predisposing to severe influenza**)	Influenza	INFLUENZA
Aboriginal - 15 years and over		
Pregnant women		
65 years and over		
All – 65 years and over	Pneumococcal	PNEUMOVAX 23
Aboriginal – 50 years and over		
Aboriginal – 15-49 years with medical risk factors***		

Other Adult Vaccines available	Whooping cough, Diphtheria, Hepatitis B, Measles, Seasonal Flu,
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HEALTHY EATING

Basic recipes to get kids in the kitchen

Raspberry Muffins – serves 12

INGREDIENTS:

2 cups spelt or wholemeal flour
1 tablespoon baking powder
1 teaspoon ground cinnamon
½ cup honey
1/3 cup coconut or cows milk
2/3 cup olive oil
1 egg
1 ½ cup frozen raspberries (or frozen berries of choice)

METHOD:

1. Heat oven to 100°C. Grease 12 muffin tins.
2. Combine flour, baking powder and cinnamon in a large mixing bowl.
3. In separate bowl, mix egg, oil, milk and honey.
4. Pour wet mixture into dry mixture and gently fold to combine.
5. Pour in raspberries and fold through.
6. Spoon mixture into the muffin tins and back for approximately 25 minutes. The muffins are done when the top is a golden brown colour and a skewer comes out clean.

Nut-free Chocolate Balls – makes 15 large balls

INGREDIENTS:

1 cup sunflower seeds
3 tablespoons chia seeds
2 tablespoons cacao powder (cocoa powder also works great)
1 cup desiccated coconut
3 tablespoons olive oil or coconut oil
¼ cup- ½ cup of honey or maple syrup (adjust sweetness depending on child's taste preference)

METHOD:

1. Using a food processor, blend together the sunflower seeds, chia seeds, dessicated coconut and cacao powder to make a crumb mixture.
2. Add oil and honey/maple syrup to the food processor and blend until all combined. Mixture should be wet enough to remain in shape; if it is not add water until wet enough to mould.
3. Roll into balls and place in the fridge to set.

Tortilla Chips with Avocado Dip – serves 2

INGREDIENTS CHIPS:

1 wholemeal lebanese pita bread
2 teaspoons olive oil
Pinch of salt

INGREDIENTS DIP:

1 avocado
1 teaspoon lemon juice

METHOD:

1. Heat oven to 180°C and line a baking tray with baking paper.
2. Brush one side of the pita bread with the olive oil with a pastry brush and season with salt (remember to reduce salt for children).
3. Using scissors, cut the pita bread into pizza slices and then slice again into bite sized pieces.
4. Bake for 3-5 minutes or until the pita bread is golden and crispy. The oven tray may need to be rotated to ensure all chips are cooked evenly.
5. While the pita is in the oven, scoop flesh out of the avocado and mash it until smooth using the back of a fork. Add lemon juice and mix to combine.
6. Take pita chips out of the oven and allow to cool before eating with the avocado dip.

