

Bush Baby News

2 William Street, The Oaks NSW 2570. Phone: 4657 1327. admin@theoakspreschool.com.au

TERM 3 WEEK 10 2019



CHAIRPERSONS REPORT

What a busy few weeks we have had at preschool! Since our last newsletter we have had lots of things going on including another successful Bake Sale at Bunnings, school photos and preparations for our Walk-a-thons that are taking place this week.

The cake stall was a huge success with \$1,098.50 raised on the day. A huge THANK YOU to each and every family who contributed some tasty treats to sell at the stall. It was a real team effort with everyone's contribution combining to result in what was a great event for our preschool. Through the cake stall we were not only able to raise much needed funds for improvements around our preschool, but we were also able to showcase and promote our preschool to the wider community. To everyone who baked, worked at the stall, encouraged family and friends to visit our stall and of course to all our preschool families who came along to buy some goodies, once again, a very big THANK YOU!

Thank you also to all our families for your support of the Walk-a-thons that are happening this week. I look forward to seeing lots of family and friends at preschool to cheer on your little ones as they tackle the Walk-a-thon course.

As you would be aware by now, the preschool has adopted an updated motto of 'Learn, Play and Grow Together' and to compliment this we are planning a refresh of our preschool logo. Community input is a critical aspect of our preschool as so we are inviting our preschool community to design a logo that you feel represents our preschool and our values. Families would have received Logo Design Competition information and an entry form in your communication pockets last week. The school holidays is a great opportunity for your preschooler and other members of your family to get creative with some logo designs. You can enter as

DATES TO REMEMBER Term 3

Monday 22nd July – Friday
27th September

- **Walkathon**

Mon-Fri 23-27th
September–last
week of term 3
- **Walkathon
Money and cards
due**
Fri 27th September



Term 4

Monday 14th October –
Friday 20th December

- **Big School visit**
Tuesday 22nd
October
- **Open Day**
Saturday 26th
October



many different designs as you wish so please see Mrs Downie if you would like some additional entry forms for the holidays, or simply design your logos on A4 paper and attach to a completed entry form when you return from school holidays.

There are a number of important dates coming up in Term 4 but I would like to draw your attention to our annual Preschool Open Day which will be held on Saturday 26 October. The staff and students put a lot of work into showcasing the preschool on the day and I know the kids love to have the opportunity to show off their preschool, especially to family members who, through work and other commitments, don't have a chance to do drop offs or be involved at preschool during the week.

The end of one term means a new term is just around the corner so please take a moment to consider whether you could volunteer your time on the Parent Helper roster in Term 4. First in is definitely best dressed so get in early to secure your preferred date.

On behalf of the Board I would like to extend our best wishes to everyone for a safe and enjoyable school holiday break, and we look forward to seeing everyone return refreshed and ready for some more fun and learning when Term 4 commences!

Kind regards,

Bec Pollard

A BIG THANK YOU TO...



Eric's Nan for the flowers and potting mix for our garden

Mellon family for the books

BABY ANNOUNCEMENTS



Congratulations to Mrs Downie (and Jake and Ally) on the birth of her first Granddaughter, Matilda Downie, who arrived last Monday.



REMINDERS

Please check Kinderloop every day. Preschool reminders as well as our day will be sent.

Lost property is growing out of control. Please have a look and see if any of the jumpers or drink bottles belong to your child. Items with names are returned to owner, the lost property items have no names on them.



BUNNINGS CAKE STALL

Thank you to all the families who cooked up a storm for our cake stall. We raised just over \$1,098.50 for the Preschool.

Thank you also to Patricia Tzortzis, Bec Alam, Jennie Downie, Jess Jones, Ellen Bennett, Bec Pollard and Nicole Comerford, for helping on the cake stall on Saturday, and in particular Natalie Cilia who stayed all day!



WALKATHON

This week is Walkathon- our major fundraiser for the year. We combine exercise and fundraising into a fun filled activity, walking a tricky track around the Preschool yard. Everyone is welcome to come and cheer the children on as they complete their laps and are rewarded with a stamp for each lap. The sponsorship you are getting on your card is for joining in, not per lap. These cards and money are due in by the last walkathon on Friday 27th September so we can award the winders (the most raised) their prizes.

HOW TO BE INVOLVED AT PRESCHOOL

The preschool values input and ideas from families and the community. We also value and encourage attendance and input in many ways.

Some of the ways you can become involved include:

- Parent helper days. You can do as many of these as you like. We always value and appreciate your help.
- Sub committees for fundraising events
- Policy manual and philosophy updates
- Parent input sheets for daily information and input
- Become a Board member- AGM held February each year
- Join in and assist as a supervisor the extra activities at preschool such as road safety excursions, visits to the school, walkathons

- Teachers always value someone coming in to present special items, such as read a book, talk about their work, show cultural items, or do presentations of special skills, such as weaving
 - Harmony day- come and cook a dish for a small group of children
 - Easter hat parades, selling raffle tickets
 - Attend working bees
 - Offers of help in any way will always be accepted
- If you would like to become more involved in your Community Preschool, please see one of the staff or a Board member. We would love to give you more details.

FAMILY SUPPORT WALL

Thank you to all the families who contributed to our information and support wall. The list has now been collated and information can be found near the communication pockets. This information is constantly being updated so we encourage to let an educator know if you have had a nice experience with any therapists, doctors or support services that we can pass on to our families.

PRESCHOOLERS SLEEP AND REST AT HOME



Adapted from an article by Kids Health- reference below.

Preschoolers need about 11 to 12 hours of sleep each day, which can include a nap. There's wiggle room about exact sleep times — the most important thing is to help kids develop good, consistent habits for getting to sleep.

Benefits of a Bedtime Routine

A bedtime routine is a great way to help your preschooler get enough sleep. Here are a few things to keep in mind when creating one:

- Include a winding-down period during the half hour before bedtime.
- Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
- Keep consistent playtimes and mealtimes.
- Avoid stimulants, such as caffeine, near bedtime.
- Make the bedroom quiet, cozy, and perfect for sleeping.
- Use the bed only for sleeping — not for playing or watching TV.
- Limit food and drink before bedtime.
- Allow your child to choose which pajamas to wear, which stuffed animal to take to bed, etc.
- Consider playing soft, soothing music.
- Tuck your child into bed snugly for a feeling of security.

A Note on Naps

Most preschoolers do still need naps during the day. They tend to be very active — running around, playing, going to school, and exploring their surroundings — so it's a good idea to give them a special opportunity to slow down. Even if your child can't fall asleep, try to set aside some quiet time during the day for relaxing. (And you'll probably benefit from a break too!)

The best way to encourage napping is to set up a routine for your child, just as you do for bedtime. Your preschooler, not wanting to miss out on any of the action, may resist a nap, but it's important to keep the routine firm and consistent. Explain that this is quiet time and that you want your child to start out in bed, but that it's OK to play in the bedroom quietly if he or she can't sleep.

How long should naps last? For however long you feel your preschooler needs to get some rest. Usually, about an hour is sufficient. But there will be times when your child has been going full tilt and will need a longer nap, and others when you hear your child chattering away, playing through the entire naptime.

Sleeping Problems

Preschoolers may have nightmares or night terrors, and there may be many nights when they have trouble falling asleep.

Favorite objects like stuffed animals and blankets can help kids feel safe. If your child doesn't have a favorite, go shopping together to pick out a warm, soft blanket or stuffed animal.

Some parents get into the habit of lying down next to their preschoolers until they fall asleep. While this may do the trick temporarily, it won't help sleeping patterns in the long run. It's important to give comfort and reassurance, but kids need to learn how to fall asleep independently. Establishing a routine where you have to be there for your child to go to sleep will make it hard for both of you — and be unfair to your child — if you start leaving beforehand.

If you're worried about your preschooler's sleeping patterns, talk with your doctor. Although there isn't one sure way to raise a good sleeper, most kids have the ability to sleep well and work through any sleeping problems. The key is to establish healthy bedtime habits early on.

<https://kidshealth.org/en/parents/sleep-preschool.html>

PHOTOS



Class and individual photos will be returned to Preschool in the packs early in term 4. The complete deluxe package, in a hard cover, consisting of:

1 20x25cm colour portrait

1 20x25cm colour portrait (different)

1 20x25cm colour portrait

2 15 x 10cm colour portraits

2 15 x 10cm colour portraits (different)

Group Photo with names

About me page 13 x 18cm

Poem page 13 x 18 personalised with child's name

6 colour wallet portraits as an extra

4 book marks

All for \$65 for full pack.

USB containing 5 poses for \$30 if pack purchased.

Pages can be purchased individually from \$5-65.

For more information on these and images of the pages, please see back page or sheet at the sign on area.

PAYMENT NEEDS TO BE MADE BEFORE TAKING HOME. VIEWING THE PACKS AVAILABLE AT PRESCHOOL EACH MORNING.



The Original Pre-School Photographers

At Fotek we are dedicated to YOU!
We pride ourselves on creating the best experience for our centres and the best environment for the children that we photograph.

DELUXE PACKAGE 8 page photo album



Album Cover



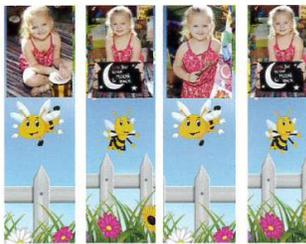
1x 20x25cm colour portrait



1x 20x25cm colour portrait



2x 15x10cm colour portraits



4x Book Marks



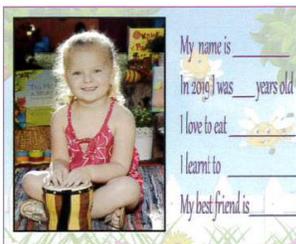
2x 15x10cm colour portraits



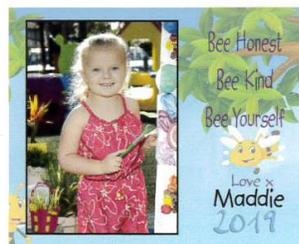
Group photo - image size 14x21cm with names and the centres logo



6 colour wallet portraits



About Me page 13x18cm



Poem page 13x18cm portrait (personalised with child's name)

8 page photo album
5 different poses
Photos may be purchased separately from \$5-\$65

SPECIAL USB OFFER



WITH PURCHASE OF ANY **\$65 FULL PACK**
RECEIVE A USB CONTAINING **5 INDIVIDUAL IMAGES** FOR AN ADDITIONAL COST OF **ONLY \$30**