

Bush Baby News

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TERM 3 WEEK 7 2020



CHAIRPERSONS REPORT

As I sit and write this report, the sun is shining and there is the distinct sense (and smell) of spring being just around the corner. Spring always feels like such a fun time of the year at preschool - the weather is perfect for outdoor play, the children are able to get their hands dirty helping to weed and then plant out gardens and of course the cicadas eventually come out delighting and deafening us all in equal measure! In the coming weeks I look forward to hearing about and seeing all the photos of the children enjoying this beautiful time of year.

As I mentioned in the last newsletter, the preschool had advertised for a university-trained Early Childhood Teacher (ECT) to replace Mrs Downie in Term 4 while she is on long service leave ahead of her planned retirement. Applications closed recently and the interview process has been undertaken. I am pleased to say we had a number of very impressive candidates to interview for the position and I look forward to being able to introduce the successful candidate to the preschool community in the coming weeks.

A big thank you to all the families who returned their order forms and payment for our Picture Products fundraiser. I hope you have had some fun at home with your little ones completing your Picture Product designs. For anyone yet to complete and return your template a reminder that these must be returned to preschool by Friday 11 September 2020 to ensure a pre-Christmas delivery.

DATES TO REMEMBER Term 3

**Monday 20th July –
Friday 25th September**

- 17th-21st August,
Science week



- Sunday 6th Sept,
Father's day

Term 4



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



- 17th – 23rd
August, Book
week

Finally, thank you as always to everyone in our preschool community for all you are doing to ensure we are able to operate in a COVID-Safe environment. The respectful compliance to our revised policies and procedures 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 wash, wash, washing our hands!

Kind regards,

Bec Pollard

PLEASE REMEMBER TO CHECK KINDERLOOP EVERY DAY.

PLATE AND ARTWORK FUNDRAISER

Deadline extended to Friday 4 September 2020

Many families have returned order forms and taken templates already to make quality products that will last a lifetime. Make some special memories and order yours today.

Procedure:

1. Complete order form
2. Make payment, screenshot and email to Preschool
3. Bring order form to Preschool and receive your templates (Before 4.9.20)
4. Create away and return your artwork by **11 September 2020**
5. Products will be returned in time for Christmas. These make great Christmas gifts.

Prices:

Products	Price
Picture clock 25cm	\$30
Small clock 20cm	\$25
Water bottle 600 ml	\$25
Water bottle 400ml	\$20
Mug plastic/ceramic	\$20
Tablemat	\$20
Picture Plate	\$25

Phone case Various models available	\$20
2021 calendar	\$15

Science week.

We hope you have been able to check kinderloop for some of the exciting experiments and self exploration our children have been able to participate in during Science Week. As usual our educators went above and beyond to prepare interesting, age appropriate activities to extend learning and stimulate an enquiring mind.

WALKATHON TIME AGAIN!!!!

HELP US RAISE FUNDS FOR NEW RESOURCES FOR CHILDREN

As a combined fitness and fundraising initiative, we are excited to announce that we will be holding a series of walkathons in week 10 this term, Monday 21 September, Wednesday 23 and Friday 25 June 2020 at 2pm. In the company of teachers and unfortunately, unless guidelines change, no parents this year (SORRY), children will walk an obstacle course within the grounds of preschool as many times as they can manage. We will take many photos and short videos so you can see the fun on Kinderloop. Sponsorship forms will be handed out this week. Please ask your class teacher for yours.

Forms and money due back by the last walkathon on Friday 25 September 2020, so plenty of time to organize your sponsors.

The Board has organised encouragement prizes that children can work towards when gaining their sponsors.

First Prize for the most raised: "A Zoingo Boingo"

Second Prize: "Ocean Breeze Stunt Kite"

Third Prize: "Hover Soccer"

Munch n move

The importance of physical activity has also been given a lot of attention this week as educators follow the "Munch n move" movement program, teaching children how to perform various movements such as bowling a ball, jumping and skipping. Please feel free to ask educators about our program.

Family Support Wall

Due to changed arrival procedures as a result of COVID-19, our family support wall is inaccessible to families. This week it will be moved to the outdoor noticeboard currently used as a community noticeboard. We will share the space there beneath the Perspex until families can enter the Preschool building again.

Family Feedback

The Preschool always values family feedback about any of our operations. This helps us to meet your ideas of Preschool education, and to grow long with the Community. Great methods of communicating with us are:

- ✓ Discussions with educators or Mrs Downie at arrival and pickup times
- ✓ Kinderloop posts to your child
- ✓ Telephone calls
- ✓ Written formats can be left in the feedbox found at the Wattle Room sign in area
- ✓ Email the Preschool
- ✓ Discuss with Board Members, although this is more difficult during COVID Procedures, so feel free to ask for email addresses of our Board Members.

SCREEN TIME FOR CHILDREN- article

As young children grow and develop, they need more time in active play, less time sitting and enough sleep each day to be healthy. Time away from screens is time they can be active and build social skills.

After all, our bodies aren't designed to sit for long periods – we need to move to stay healthy.

Small changes in screen time habits can benefit a child's physical, social, psychological and cognitive development. Plus, making changes together can help the whole family have healthier screen use, including parents.

Screen time is spending time in front of a: Computer, hand held game, mobile phone, tablet or ipad, TV.

Research shows that too much screen time can affect children's health and development in many ways:

Social, emotional and cognitive

- Difficulty with social skills and relationship building, for example between children and their parents
- Reduced motivation and self-esteem
- Cognitive development – screens can distract children from exploration and play
- Exposure to inappropriate content can impact future behaviour

Physical

- Disrupted sleep due to exposure to blue light (which suppresses melatonin – the hormone that regulates the body's sleep cycle)
- Language delays and reduced verbal interactions
- Not getting enough physical activity which can lead to obesity
- Problems with eyesight development as a result of a lack of sunlight
- More likely to snack on unhealthy foods and not eat enough fruit and veggies

Tips to help reduce screen time for the whole family

Establishing positive routines and habits early can make it easier to manage your family's screen time in the long run. Here are some ideas to get you started.

- Set rules like no screens at meal times or in the bedroom
- Establish routines like eating together as a family and restrict screens before bed
- Break up and limit screen time – try setting a timer for 20-30 minutes (give a 5 minute warning before time is up)
- Work towards screen-free days – start by replacing just half an hour of screen time with activities you can do as a family
- Start a reward system for spending less time on screens
- When going out, take toys or books instead of screens
- Be a role model and reduce your screen time too.

Activities to replace screen time

While screens can be useful for learning and entertainment, they can't replace the health benefits of being active, like developing social skills and improving sleep.

You could consider balancing screen time with other activities your family enjoys that promote health and develop new skills.

- Cook together (check out these [family friendly recipes](#))
- Get active through [play or family activities](#)
- Read a book or have story time
- Go for a walk or bike ride
- Get creative with art and craft
- Play a musical instrument

Healthy screen use for adults

Finding your own balanced and positive ways to use screens can also set good examples for children. Here are some ideas for balancing out your screen time during the day.

- Relaxation and entertainment – mix it up and make sure screen time is just one of the ways you relax (not the only way)
- Sitting at the desk – take regular breaks to stand up, get some water or take a short walk
- Communication and social media – Set aside some phone-free time each day, so you can be 'in the moment' with your family. If it's not urgent, hold off responding to messages if you're in the middle of listening or talking to someone.

Tip: If you want to check how much time you're spending on your screen, you can monitor your usage in the settings, or consider a timer or app to help you manage screen time.

Adapted from article accessed: <https://www.makehealthynormal.nsw.gov.au/Pages/screen-time.aspx>

The First Five Years- What should my child say and do?

Adapted with permission from a pamphlet by Talk of the Town Speech Pathology. Suite 2 230 Camden Valley Way Narellan. NSW 2567 PH: 46476777

What is Communication:

Communication skills are comprised of receptive (Comprehension and listening) and Expressive (talking) language skills, as well as social and articulation skills. All of these areas are important for your child to communicate effectively with adults and other children. While

individual children develop their listening and talking skills at different rates, there is an overall general pattern of development.

What is my child expected to say and do?

At 2-3 years of age:

- Names and points to at least 10 different body parts.
- Reads and shares a book with parents.
- Points to named pictures in a book.
- Shares interest with a specific toy or book with parents (minimum 2 minutes)
- Can point to "big shoe", "little shoe"
- Use 2-4 word sentences regularly when talking
- Knows boy versus girl
- Answers questions such as "what's this", "who is this" and "what's this boy doing"

At 3-4 years of age:

- Uses at least 4-6 word sentences
- Uses "and" to make a longer sentence, e.g.: "I saw a dog and a cat"
- Most words are understood by unfamiliar adults
- Understands location words, e.g. in/on/under/over/front/back
- Knows opposite words e.g.: empty/ full, tall/short, hot/cold.
- Uses me, he she, you, his correctly when talking
- Answers questions, e.g.: "where did you put your shoes"
- Follows non routine 2 step instructions
- Labels basic colours consistently

At 4-5 years of age:

- Asks a lot of "why" questions
- Able to count to 10
- Most grammar is correct
- Follows complex instructions with concepts such as before/ after
- Answers questions about stories that are read to them
- Able to tell about 2 events, e.g.: " I went to the shops, then I went home".

Children experiencing speech or language difficulties are 4-5 times more likely to have reading and spelling problems at school. This places them at risk of frustration, teasing and low self-esteem.

What can I do to help at home?

1. Talk all the time with your child. Talk about what you can see, what they are doing and what you are doing together. Constantly hearing correct speech patterns and use is a great teacher.
2. Try to minimise the amount of time your child watches TV and plays screen games. While they are listening to speech, they are missing out on valuable opportunities to practice their talking
3. Reading books with your child helps to build their attention, and gives lots of opportunities to ask and answer questions. Remember, "Two books a day keeps the speech pathologist away".

If you have any concerns about your child's speech, either speaking, listening or understanding, please ask your preschool teachers or make an appointment with a speech pathologist for an assessment and advice.

