

Peak Hill Preschool Kindergarten Inc.

95-97 Euchie Street

P.O Box 64, Peak Hill, 2869

Ph/Fax: 02 6869 1655

Email: peakhillpreschool@aapt.net.au



Term 1, Week 3, 2018

Hi Families & Friends of PHPS!

Welcome to Peak Hill Preschool for both our new and returning families. There are many dates already pencilled in on the calendar as Term 1 is shaping up to be the beginning of another busy and exciting year.

This year we welcome back Leanne Hurst, early childhood teacher, and we also welcome Donna McKenzie to our preschool. Donna has a Diploma in Early Childhood Education and Care and is currently studying a Bachelor of Education. I would like to also congratulate Alex Sharah on being the successful applicant for a permanent position at the preschool.

Staffing for this year is:

- **Monday**- Closed (Narelle in office)
- **Tuesday** - Narelle, Alex, Donna, Bernadette (Admin)
- **Wednesday** - Narelle, Leanne, Alex, Bernadette (Admin)
- **Thursday** - Narelle, Leanne, Alex, Donna, Bernadette (Admin)
- **Friday** - Narelle, Alex, Donna

I would like to thank all families for your support of the preschool. We are lucky to have such a great service in our small community. If you have any questions, comments or suggestions please come and see me, or one of the other staff members. We value your feedback.

Cheers,

Narelle Elias

Director

Annual General Meeting

The management committee holds its meeting. At least twice a term. The committee is elected at the annual general meeting each year by members of the association to run the preschool and make decisions regarding its operation.

Although meetings are for committee members only, members are invited to contribute to these by placing any comments or suggestions in the suggestion box located in foyer, by contacting either myself or a committee member directly, or by attending a committee meeting where time is given at the commencement of each meeting for members to make suggestions or comments before the meeting becomes closed for committee members only (due to confidentiality).

The first meeting for this year is **Thursday, 1st March at 7pm** at the preschool. **The AGM will be held on Thursday 15th March at 7pm at the preschool.** It is important that as many members as possible attend the AGM to elect the committee as without a committee the preschool cannot remain open.

Staff members:

Narelle Elias

Leanne Hurst

Alex Sharah

Donna McKenzie

Bernadette Aiken (Admin)

Jay Cohen (Maintenance & cleaning)

Committee Members:

VACANT

Cassandra Hartin

Bridget Sellers

Danielle Tremain-Cannon

President

Vice President

Secretary

Treasurer

General committee members: 1. Robyn Barnes

2. VACANT

3. VACANT

Sign in - sign out

Please remember to sign in your child each morning upon drop off and then sign out on pick up in the afternoon. The daily Sign In/Out sheets are legal documents required by the National Educational and Care Regulations. We ask that you advise the preschool when your child is absent or sick, when someone different is picking up child, and/or if any details have changed (e.g. phone number, address, custody arrangements, medication etc). The preschool details are:

Phone: 68691655

Email: peakhillpreschool@aapt.net.au

FEES

Fees are being sent home this week. With payment due by 12th March (except of making regular payments through Centrepay). Fees can be paid by cash, direct deposit, cheque or by regular payments through Centrepay. Fees contribute to the overall income and running of the preschool and prompt payment is appreciated.

Playgroup

Peak Hill Preschool Playgroup has commenced on Mondays at the preschool in partnership with Centacare from 10.30am - 12.30pm. Everyone is welcome to come along with their child/ren from 0-5yrs. Morning tea is provided.

It is a great morning for the children to come along and play with others, especially for children who are too young to attend preschool, and for families to get know other families. Please support this great little program so that it can continue in our community.

Next week at playgroup there will be a Footy For Fun session for children under 5 from 11am to 12pm. Everyone is welcome to come along.

Screenings

We are very lucky at Peak Hill Preschool to have partnerships with different services and organisations. Through these we have been able to organise the following screenings for the children:

- **Vision screening through the StEPS (Statewide Eyesight Preschooler Screening) for 4-5 year olds - Tuesday 27 February**
- **Dental screening - Tuesday, 3 April**
- **Speech screening - Wednesday, 4 April**

We are also waiting to confirm a date for hearing screening hopefully before the cold season commences. Consent forms will be sent home to families before each screening. We also hope to have a visit from the local community health team who reinforce with the children the importance of hand washing and how to wash their hands.

Head lice

Please check your child's hair as we have a had a few cases of head lice reported. As Head Lice is easily spread, please check your child's head for small eggs behind the ears and at the back of the neck. Head lice can only be spread from one person to another by direct head-to-head contact—the lice cannot jump or fly. Checking your child's head is very important. There is no shame in your child catching head lice as it is often the cleanest head that the head lice prefer. Last year we were lucky enough to receive a donation of head lice treatment for all families and I am looking into this once again for this year.

Breakfast @ PHPS

This year we are continuing with our breakfast program. Toast, weetbix and cups of milk are available each morning if the children are hungry for whatever reason - having brekkie early in the morning, missing brekkie because they were in a hurry, or simply wanting to sit with their friends for a chat over toast etc.

Sun safety

As the new year begins we have been focusing on hand washing, the importance of sun-screen and being sun smart. The preschool is a Sun Smart preschool with the NSW Cancer Council and follows a Cancer Council approved sun safety policy. The preschool provides every child with a hat when they enrol for \$5 which is left at the preschool and meets sun smart recommendations. Sunscreen is also available at the preschool in the Waratah Room to be applied before going outdoors. Another important point for sun safety is wearing suitable clothing which includes wearing clothes with sleeves to cover shoulders. Please no singlets, sleeveless shirts or strappy dresses.

PHPS Family Tree

Have you seen our Family Tree? It's growing. Please send in a family photo with your child to copy and put on our tree. If you don't have a photo let us know so that we can take one with you on drop off or pick up.

The children love seeing everyone on the tree. It creates a sense of belonging for them at the preschool—one of the key parts of the Early Years Learning Framework.



Healthy eating

We will begin talking with the children about every day and sometimes food over the coming weeks. Did you know that every 5 grams of sugar in a product, which can found on the nutritional label, is equivalent to 1 teaspoon of sugar? For example, many fruit drink poppers contain 25grs of sugar, or 5 teaspoons. If you add up these amounts across the day the amount of sugar consumed is surprising. I have attached a copy of our healthy lunch box program which has some ideas for healthy foods and alternatives for lunch and snacks and magnets with the current guidelines are also being sent home. We also encourage water only for children to drink throughout the day, which are refilled by staff as needed. Healthy eating will also lead us into discussions around healthy teeth and how and when to brush our teeth towards the end of the term in time for our visit from the dentist.

Your child

Educators have begun discussing the different interests, strengths and needs of each of the children at the preschool so that we can better plan appropriate learning experiences for your child.

We will also be talking with you over the next few weeks to share these with you and for you to share with us information and goals of your child while at preschool, along with the information provided on the questionnaire from the enrolment form.

Through collaborative partnerships between the families and preschool we get to know your child's family life, activities and interests outside of preschool and we can provide greater individual learning opportunities.

ELLA This year we are participating in the ELLA program again. We will continue to learn Spanish through 7 different apps. This program is for children in the year before school and is funded by the federal government.

Term Dates for this year are:

Term 1 - 6th Feb - 13th April
(Easter break—30th March to 2nd April)

Term 2 - 1st May to 6th July

Term 3 - 24th July to 28th September

Term 4 - 16th October - 19th December

Join us at Peak Hill Preschool Playgroup

Time: Every Monday from 10.30am to 12.30pm
During school terms
Venue: Peak Hill Preschool, 97 Euchie St Peak Hill

What is a playgroup

Playgroup is about getting together with other parents, children, babies, caregivers and families to have positive parent/child interactions, share ideas, information and experiences in a casual environment that welcomes all community members.

What we gain from attending playgroup

Children learn through play and other daily experiences. Playgroup is a great environment for:

- Positive developmental growth
- Participation in new experiences
- Learning about the world around them
- Developing and increasing social skills & confidence
- Learning about sharing, co-operation and simple routines
- Interaction with other adults and children in a safe environment

Through play, parent-child activities, caring and respectful relationships we help build a sense of belonging for our children.

Playgroup also provides the opportunity for parents and caregivers to have supported access to other services such as Early Intervention programs, Health and Education programs.

For more information:

Phone or visit the team at **CentaCare Wilcannia-Forbes**

134 Lachlan Street
Forbes NSW 2871
02 6850 1777

Parkes Office 6863 5426



familiesnsw
supporting families to raise children

Environmentally friendly snack foods

Fresh fruit and vegetables are quick and easy snack foods that are great for the environment. They come without packaging, are full of nutrients, and they taste delicious!

Choose an apple, mandarin, orange, pear, banana, plum, piece of melon, grapes or other fresh seasonal fruit for a quick and easy snack or munch on carrot and celery sticks and cherry tomatoes.

If young children get into the habit of having fruit and vegetables at snack time this will carry over to school and make for a healthy lunchbox!

Spare clothes: Please make sure your child has at least 1 spare set of clothes in their bag. Sometimes we play in water or mud, get paint on us, or have an accident and the children need changing. The preschool has a very limited supply of spare clothing.

NSW HEALTH DENTISTS:

You can call **1 300 552 626** If you need to make an appointment for your child. They visit Peak Hill MPS one Tuesday a month.

IKIFIT RULZ

•**Rule 1: Look Listen and Learn:** When you look, and listen you will learn, and allow others to learn.

•**Rule 2: I'm OK, You're OK:** Treat others the way you want to be treated, with respect and courtesy.

Rule 3: No Play, No Play (Move Away): When you don't play by the rules there is a consequence - you may have to move away or sit out, making it safe fair and fun for everyone.

Practice our songs at www.ikifit.com.au by clicking on the Parent tab.