

Peak Hill Preschool Kindergarten Inc.

95-97 Euchie Street

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Email: peakhillpreschool@aapt.net.au



Term 2, Week 5, 2018

Hi Families & Friends of PHPS!

Welcome back to another term although we are half way through it already—where have the weeks gone? This term sees some shows at the preschool, an excursion and some follow up screenings to be done.

This week we celebrate Reconciliation Week and we are also raising money for Asthma Australia by wearing our PJ's . More information in the newsletter.

Don't forget Playgroup is held at the preschool every Monday from 10.30am to 12.30pm. Please come along and support this great service for the community. It is very informal and you can come anytime between those hours. The playgroup is run by

Centacare at the preschool, and morning tea is provided.

As the cold weather is about to set in, please make sure your child has warm clothes , especially a jacket as we will continue to go outside for our outdoor session, unless it is freezing or very wet, If your child is sick, has a fever (37.5 C or above) or very bad cough please keep them at home so that it is not spread to others. Did you know that this year the flu vaccine is free to all children under 5?

If you have any questions, comments or suggestions please come and see me, or one of the other staff members. We value your feedback.

Narelle Elias
Director



From time to time the preschool sends text messages (SMS) as reminders for special events or happenings at the preschool, or asking for some paperwork, etc. We have found this to be very effective and have received many comments saying that the family was happy to have received the text otherwise they would have completely forgotten. However please **DO NOT REPLY** via

SMS to these messages or send us any texts as we do not receive these. A few families have said they have sent us messages which we do not receive due to our messaging subscription and the costs associated with this. If you need to contact the preschool, please call us on 6869-1655 or email peakhillpreschool@aapt.net.au.



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. Tanya Gavin

2. Kelley Westcott

3. VACANT



This Thursday 31 May and Friday 1 June we will be supporting the Asthma Foundation's PJ Day fundraiser by wearing our PJ's to preschool and bringing in a gold coin donation. Thanks.

Stay in your PJs to help raise money for asthma.



Healthy Harold

On Friday 8th June, the Friday group has been invited to see Healthy Harold in the Life Education Van at the Central School. The show will be about healthy food choices and physical activity.

There is no cost as the preschool will be covering this, however order forms will be sent home if you wish to purchase any Healthy Harold merchandise.

Excursion notes are being sent home with this newsletter for the children who attend on Fridays and need to be returned before the excursion. We will need 2 or 3 parent helpers to assist with the children as we will

be walking to and from the school. Please indicate if you are able to help on the permission note.



Breakfast @ PHPS

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.

We have just received notice that we have secured funding to continue our Breakfast program until next year ! :)

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.

FEES

Fees are sent home each term in week 2 and are due by week 6 (Term 2 - 4th June, except those making regular payments through Centrepay) Prompt payment by the due date is greatly appreciated. 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.

Head lice

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. Please check your child's hair as we have a had a few cases of head lice reported.





CROCODILE ENCOUNTERS

www.crocodileencounters.com.au

In June we are lucky to have the opportunity to have a couple of shows at the preschool.

On **Tuesday, 5th June** Bingo Jack will be at the preschool to perform his fun magic show. Bingo Jack is from Adelaide and last year the children loved his show.

Then on **Thursday 14th June at 11.30am** Crocodile Encounters will visit the preschool. The children will experience

crocodiles, lizards, snakes and more in this educational fun filled activity!

There is no cost for either of these shows.

If your child does not attend the preschool on any of these days when there will be a show, you are welcome to bring them along to participate, however a parent/carer is required to stay with their child.

Screenings

On **Wednesday 30th May**, the speech pathologist will be returning to the preschool to re-assess some children and to screen some children who may have been absent. Only children who are older than 3.5 years are screened. The speech pathologist will return later in the year for further screening.

On **Wednesday 20th June**, Marathon Health will be at the preschool to do a follow up check on screenings done last term and to screen any children who missed out on the previous screening. Consent forms are not required if previously completed as these are valid for 12 months. Any children needing consent forms will have these sent home for completion.

Healthy eating

Last week a fact sheet went home with the key messages from the Munch and Move program. The program promotes healthy eating and physical activity.

The children's lunchboxes are looking reasonably healthy however we do ask that you do not send in juices or fruit drinks with your child's lunch as these are high in sugar and the children are all happy with their water bottles. Also some healthy alternatives to chips that the children enjoy are rice crackers, rice cakes, Saos and Cruskits. We are seeing lots of food/ snacks in the lunch boxes that aren't necessary as they only want to pick at everything with too many choices and the snack is then wasted and thrown away. A sandwich, piece of fruit, a yogurt or fruit snack in a cup and one other snack item is plenty for most children.

9am—3pm

Reminder that the preschool hours are from 9am to 3pm. The only exception to this are the children who are coming to preschool on school buses. Staff are at the preschool from 8.30am to prepare for the day and stay until 3.30pm to complete cleaning duties and appreciate families adhering to these hours. Thanks

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



FREE FLU SHOTS FOR KIDS IN NSW 6 MONTHS TO UNDER 5 YEARS

Available from
April 2018

Talk to your GP or immunisation provider



Free Flu Shots

Kids under five years of age are more likely than older children to get severe flu infections resulting in hospitalisation. That's why in 2018 all children in NSW aged between 6 months and under 5 years will be offered free flu vaccines. Find out more at www.health.nsw.gov.au/

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!



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

NSW HEALTH DENTISTS:

1 300 552 626

If you need to make an appointment for your child. They visit Peak Hill MPS on the first Tuesday each month.