



PEAK HILL PRESCHOOL KINDERGARTEN INC.

ABN: 25 722 406 078
P.O Box 64, Peak Hill, 2869
Ph: 02 6869 1655

Email: peakhillpreschool@aapt.net.au



Hi families and friends of PHPS,

A big Welcome to Peak Hill Preschool to our new and returning families. We are looking forward to another exciting year with many great plans to come this year. We would like to invite everyone to come along to our Welcome BBQ at the preschool this Wednesday 8 March, 5.30pm - 6.30pm. This will be a great opportunity to meet families, educators and committee members.

This year’s staffing is as follows:

- Monday - Narelle, Leanne, Lamia, Karly
- Tuesday - Narelle, Leanne, Lamia, Aallana, Karly, Bernadette (admin)
- Wednesday - Narelle, Leanne, Lamia, Lani, Karly, Rebecca, Bernadette (admin)
- Thursday - Narelle, Leanne, Lamia, Lani, Rebecca, Bernadette (admin)
- Friday - Narelle, Leanne (every 2nd Friday), Lamia, Lani, Rebecca

If you have questions or concerns, please don’t hesitate to ask one of our friendly educators as each one works with your child across the week.

This term we are excited to be providing morning tea for all of the children each day of the week. Each child will be provided with a piece of fruit, mini rice cakes or crackers, and a yogurt pouch. We are waiting to see if we have been successful in a funding application to be able to continue providing morning tea for the rest of the year and hope to let families know soon of the outcome.

The management committee is finalising items for the Annual General Meeting (AGM) and the auditors are also working to prepare the annual financial statements to be presented at the AGM. At this stage we hope to hold the meeting towards the end of the term and will advise families once a date has been set.

The management committee is known as the ‘Approved Provider’ under Education and Care Services National Law and the Education and Care Services National Regulations. The approved provider holds the approval for the service to operate under these laws and regulations and without the approved provider a service cannot operate. Members of the management committee must undergo a criminal history check, hold a Working with Children Check and complete a Declaration of Fitness and Propriety to be on the committee. Being a member of the management

committee is a very important role and without a committee the preschool could not legally operate. I would like to thank the current committee members – Skye Westcott (president), Marli Sarah (vice-president), Clare Blackwell (treasurer), Courtney Westcott (secretary), Jessica Breust and Robin Barnes for volunteering their time to be on the committee.

It has been fantastic to see the healthy lunches that have been packed for preschool with so many healthy lunches and snacks. A reminder that chips, chocolates, and lollies are sometimes foods, and we ask that these be left as special treats to have at home. All families received the “Healthy Lunchboxes” sheet from Munch and Move and the Healthy Lunch Boxes @ PHPS info sheet in the enrolment packs– both with some great suggestions and ideas for healthy lunches and snacks. Please ask if you would like another copy of these.

A reminder to send in a water bottle each day filled with WATER ONLY. Please leave any juice or cordial at home. Poppers are not required at lunch as they usually only have a sip and the rest is thrown away as it cannot be packed back into the lunch box.

Also a reminder that we have a child enrolled at the preschool who has been diagnosed at risk of anaphylaxis and we ask that you please DO NOT include in lunch boxes or school bags any foods containing peanuts or nuts eg. peanut butter, Nutella, muesli bars containing nuts etc, and also any fish products. We thank you for your cooperation and it is also greatly appreciated by the family.

ON *this* MONTH

@Peak Hill Preschool

- Welcome BBQ-----08/03
- Hearing Support visit ----- 08/03
- Harmony Week (Wear **ORANGE** to preschool) 20-24/03
- SWAY training – Leanne and Lamia -----21-23/03
- Last day Term 1 -----06/04

AROUND THE COUNTRY

- St Patrick’s Day -----17/03
- International Day of Happiness -----20/03

This term we have been hosting 2 third year Speech Pathology students from Western Sydney University, Alex and Lauren, as they complete their 5 week placement between the Preschool and the Central School in conjunction with Charles Sturt University and the Three Rivers Department of Rural Health. We are excited to have them at the preschool and to see their final project that they will complete and leave for use at the preschool. This is a fantastic opportunity for our children and educators to have students from a profession other than teaching at the preschool but which also forms part of the allied health team that work in conjunction with preschools. (Meet Alex and Lauren over the page).

We have also had Kira Leonard, speech pathologist from NSW Health visit the preschool this term to screen some children who had been previously referred to her as there were some concerns, If you have any concerns about your child's speech, please see Leanne or myself so that a referral can be made to the speech pathologist.

We also had Jennifer Kim, audiologist from Hearing Australia through the HAPEE Ears for Early Years program, screen the hearing and ear health of 22 children at preschool. Jennifer will be back at the preschool in May to rescreen some children and screen some others that may have missed out during this visit. In conjunction with this visit, we will also be having Rachel and Julie, Hearing loss support teachers, visit this Wednesday with the friendly nose blowing puppets 'snotty' Sam and Lucy promoting the Breathe, Blow, Cough, Chew, Wash Program so that the children know that they blow their nose and keep their hands clean to keep their ears healthy.

Unfortunately dental screening by NSW Health has been unable to come during this term, Consent forms were sent home to complete if you would like to be contacted for your child to be seen at the Peak Hill MPS during their visits as the dental clinic is at the MPS 2 days a month.

Miss Gail from Musica Arioso is visiting the preschool every second Wednesday this term. Gail has experience in working in early childhood and is an experienced music teacher with over 25 years of experience. She introduces the children to different musical instruments and concepts, songs with movement and also books with musical themes.

Jodi from Peak Hill Library also visits the preschool each Tuesday for Story Time, singing action songs with the children, reading a book and sometimes some craft activities related to the book being read. The children look forward to her visit each week.

We are very excited to let families know we are looking at going digital for enrolments, notifications, forms, documenting and observations. We are in the initial stages of training and looking at transferring information across

to the online platform. We will be using the OWNA Childcare App which allows you to see your child's daily activities at any time, and allows educators to share photos, videos, stories and reflections in real time. We will let everyone know when this happens and what consents will be required. We are very excited to be using this secure app to improve collaboration and communication with our families.

Leanne and Lamia will be away on 21, 22 and 23rd March as they attend training for the SWAY program which we will be introducing in Term 2. SWAY is an oral language and early literacy programme based on Aboriginal knowledge, culture and stories. It has been developed by Speech Pathologists and Educators at the Royal Far West School in Manly (Sydney). The SWAY classroom and small group intervention programme supports the development of speaking, listening and early literacy skills in the following learning areas;

- Attention and listening
- Sentence construction and storytelling
- Sound and letter knowledge
- Vocabulary development and grammar

We are looking forward to introducing this program to all of our preschool children, while some children will be identified to participate in the small group intervention program via telehealth session with a speech pathologist from Royal Far West.

As restrictions have eased around Covid-19, we remind families that children cannot attend preschool if they are unwell or showing any symptoms of COVID-19. These include fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhoea, nausea/vomiting, extreme tiredness. Even if a child tests negative for Covid-19, they should remain home until symptom free. We thank you for your co-operation in this matter.

Please remember to have a spare change of clothes in your child's bag. Sometimes they might have a toileting accident, other times they may get wet or dirty. It is also a good idea to check these occasionally as they sit in their bag for some time and when needed, we find they have outgrown them. Also if all items – clothes, drink bottles and lunch boxes can be labelled with your child's name this will ensure any lost items can be promptly returned

If you have any questions or concerns, please don't hesitate to ask one of our educators or myself.

Cheers,
Narelle Elias
Director



OUR LEARNING THIS TERM

Hi All,

We're off to an amazing start with our educational program this year! In the first few weeks we have been focusing on supporting the children to settle in, build and renew great relationships with their peers and teachers, and become familiar with our routines, rules and responsibilities at the preschool. All of our preschoolers are doing a great job with this and we love seeing them feel safe, secure and supported at Preschool. We are also working on each of the children's individual goals, based on the family goal sheets completed by our families. Each of our children is paired with a key educator who will work with them on their individual goals and support them with our intentional teaching topics also.

Our other intentional teaching topics this term include:

- Identity (learning all about me, my family, my differences and similarities and things that make me special).
- Learning about my emotions and strategies to regulate them.
- Health, safety and hygiene skills and performing them independently. This will cover sun safety, handwashing, nose blowing and cough etiquette, healthy food choices, dental health, road safety and protective behaviours that keep us safe.

We would also like to remind families to send in a family photo for our "Family Tree" display, this can serve as a great link to home for the children, and we want all families to feel included. These can be sent via text, email or in your child's school bag.

More details about our daily learning can be found on our "Record of Today's Learning" and daily photo sheet, displayed in the foyer window each day.

If you have any questions, concerns or suggestions about your child's learning and development, please feel free to call, text, email or make a time to chat with us.

Thanks,
Leanne Hurst
Educational Leader



CELEBRATE HARMONY WEEK

@ PHPS

MONDAY 20 - FRIDAY 24 MARCH 2023

Come and share something from your culture with the preschooler! A book, a song, a story, photographs, a recipe, even some cooking! (Please check with preschool first for any cooking).

Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Choose something **ORANGE** for your child to wear to preschool during Harmony Week

EVERYONE BELONGS #harmonyweek

5 Minute MOVES

Tissue Dance

Short simple activities to get some active minutes in the day.

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?

MAKE YOUR OWN CLEANING PRODUCTS

Turn cleaning day into a science experiment and mix up some non-toxic sprays and solutions to use around the house with your child. Combine baking soda with warm water to create a deodorizer or simple kitchen cleaner, and use it to wipe down the inside of your microwave or refrigerator. Or, mix dish soap with warm water to clean the countertops. When you make your own cleaners you save money, reduce your toxic load and reuse bottles you would have usually thrown out! You can find a large range of recipes [here](#)



JOIN US FOR A

BACKYARD
BBQ

WELCOME TO
PEAK HILL
PRESCHOOL

We invite all our
2023 Preschool families for a
Welcome BBQ
Wednesday 8th March
5.30pm - 6.30pm at
Peak Hill Preschool

BEST BLOGS

— running on —
REAL FOOD
EAT · LIVE · THRIVE

QUICK & EASY MEALS
Damn Delicious
FOR THE HOME COOK

 **recipe***tineats*

RUNNING ON REAL FOOD

runningonrealfood.com

Running on Real Food means fuelling your “engine” with real food. It’s all about using whole foods to fuel a healthy, balanced lifestyle. All the recipes on Running on Real Food are plant-based, they are simple and use everyday, easy to find ingredients.

DAMN DELICIOUS

damndelicious.net

Damn Delicious provides step-by-step tutorials, and videos that focus on quick and easy meals for the everyday home cook to show you that it really doesn’t take much to make a homemade meal completely from scratch.

RECIPE TIN EATS

recipetineats.com

Cost conscious recipes made using everyday ingredients that are (pretty) healthy. Nagi the genius behind *Recipe Tin Eats* creates fast, creative, clever and fresh!

MEET ALEX AND LAUREN FROM WESTERN SYDNEY UNIVERSITY



Hi, we’re Alex and Lauren and we are 3rd year speech pathology students from Western Sydney University being supported out at Peak Hill by Charles Sturt University’s Three Rivers Department. We’ve been hard at work at Peak Hill Preschool honing our clinical observational skills. We hope to be able to use those observations to find a way we can share our knowledge and skills with the dedicated childhood educators. We have started formulating ideas for our project and have gained the support of Leanne, the educational leader, who has said, “we are on to a winner”. We also had the opportunity to meet with Wiradjuri woman and director of Peak Hill Aboriginal Medical Service. This was a valuable opportunity to gain insight and awareness in how far we have come, and how far we still have to go when it comes to First Nations Reconciliation. We would like to thank Christine Packham for her precious time, and Louise French for facilitating this meeting. We look forward to seeing what the few weeks have in store!

FOCUS: Household chores for children

Children can learn a lot from doing household chores. Doing chores helps children learn about what they need to do to care for themselves, a home and a family. They learn skills they can use in their adult lives, like preparing meals, cleaning, organising and keeping a garden. Being involved in chores also gives children experience of relationship skills like communicating clearly, negotiating, cooperating and working as a team.

Household chores: good for children, good for your family

When children contribute to family life, it helps them feel competent and responsible. Even if they don't enjoy the chore, when they keep going they get the feeling of satisfaction that comes with finishing a task. And sharing housework can also help families work better and reduce family stress. When children help out, chores get done sooner, and parents have less to do. This frees up time for the family to do fun things together.

How to get children involved in chores

It's best to start by choosing chores that work for children's ages and abilities. Chores that are too hard can be frustrating – or even dangerous – and chores that are too easy might be boring. Even young children can help with chores if you choose activities that are right for their age. You can start with simple jobs like packing up toys. Chores like this send the message that your child's contribution is important.

It's also important to think about **chores or tasks that get your child involved in caring for the family** as a whole. A simple one is getting your child to help with setting or clearing the table. Jobs like these are likely to give your child a sense of responsibility and participation. If your child is old enough, you can **have a family discussion about chores**. This can reinforce the idea that the whole family contributes to how the household runs. Children over six years old can help decide which chores they'd prefer.

You can **motivate your child to get involved in chores** by:

- doing the chore together until your child can do it on their own
- being clear about each person's chores for the day or week – write them down so they're easy to remember
- talking about why it's great that a particular job has been done
- showing an interest in how your child has done the job
- praising positive behaviour
- using a reward chart to track completed chores and give small rewards like choosing a TV program or family meal.



Pocket money for children's chores

Some children are motivated to do chores for pocket money. But some families believe all family members have a responsibility to help and don't give out pocket money for chores. If you decide to pay pocket money for chores, **explain chores clearly** so there's no confusion or bargaining about what needs to be done and when. Some families don't link chores to pocket money but might pay extra pocket money for extra chores. **Chores for children of different ages**
Here are some ideas for chores for children of different ages.

Toddlers (2-3 years)

- Pick up toys and books.
- Put clothes on clothes hooks.
- Set placemats on the dinner table.

Pre-schoolers (4-5 years)

- Set the table for meals.
- Help with preparing meals, under supervision.
- Help put clean clothes into piles for each family member, ready to fold.
- Help with grocery shopping and putting away groceries.

Source: raisingchildren.net.au (2020). Household chores for children. Retrieved from <https://raisingchildren.net.au/toddlers/family-life/routines-rituals/chores-for-children>



SHAPE HUNT: You will need: Post-its, paper, painters' tape and a marker. **Set-up:** on Post-it's draw a bunch of different shapes that you want to work on. On construction paper, draw a big version of each shape that you drew on the post-it notes. Tape all the pieces of construction paper on the wall near each other. Place the post-it's all-around your home! **Activity:** Have your kids search the house to find the post-its. Once they find one, have them take it over to the wall where the construction paper pieces are. Have them match the shape that they found on their post-it to the paper on the wall!

In the end, see how many of each shape there are! *Find out more here.*



LEARNING TO UNWIND

We all know it feels nice to have a little free time to unwind and relax. Kids reset their brains while engaging in fun, unstructured activities, it allows them to have time to process the information from the day and “integrate new information.” At this time of year our calendars are loaded with events and activities building in unwinding time is extremely important and what it may look like for each will be as individual as them. Here are a few ideas to help you and your child relax together.

Deep Breathing: Teach your child how to engage in deep breathing by talking to him or her about taking *big, slow* breaths through their nose and letting the air out of their mouth.

Free Play: According to experts, kids’ brains don’t need to be totally *inactive* during downtime. But they can benefit from having some time in *default mode*, where they aren’t focused on a specific activity.

Go Outside - There’s nothing like getting *fresh air*.

Turn on the Tunes - Listening to music, singing, and dancing are fun ways to take brain breaks throughout the day.

Read - Set aside quiet reading time in the house where your children (and you!) can find a cosy spot and curl up with a favourite book. Read together or alone to help relieve stress from the day and escape into a story.

Exercise - Whether it’s playing a sport, swimming, or running around in the backyard, exercise can be a great way for kids to clear their heads and relieve stress.

Stimulate the senses - Engaging the senses can create some nice calming effects for kids. Think playdough, sensory bins/walls, bubble baths with lavender.

Find out more <https://therapyworks.com/blog/language-development/home-tips/relaxation-tips-for-kids-and-parents/>

SWEET CORN PASTA SALAD



PREP 5 MIN | COOK 10 MIN SERVES 6-8

INGREDIENTS

500 grams orecchiette or other short pasta (penne is great for little ones just beginning their blw journey – its super easy to grip and nibble on)
 1/3 cup extra virgin olive oil
 zest and juice 1 lemon
 1 punnet of cherry tomatoes (quartered for little ones self-feeding using a spoon OR cut in half for little ones still using hands)
 half a Lebanese cucumber (diced for little ones self-feeding using a spoon OR cut into long chip shaped rectangles for little ones still using hands)
 1 cup mint, leaves picked and roughly chopped
 1 1/2 cups sweet corn kernels
 1/2 cup ricotta

METHOD:

Bring a large pot of water to the boil. Add pasta and cook according to packet instructions or until aldente. Drain and rinse under cool water. Place the cooked pasta into a large mixing bowl along with the olive oil, lemon juice and zest and mix to combine. Add the cherry tomatoes, cucumber, mint and corn kernels and mix to combine. To serve, dot each portion with a little ricotta and enjoy x

Recipe and image from mylovelylittlelunchbox.com.