



Hi families and friends of PHPS,

Welcome to the start of another great term at PHPS! We hope everyone had a chance to relax and enjoy the break as it starts to cool down and winter fast approaches!

On Wednesday 5 April the preschool’s Annual General Meeting (AGM) was held. Thank you to those that attended. The following people were re-elected onto the committee:

- President – Skye Westcott
- Vice president – Marli Sharah
- Treasurer – Clare Blackwell
- Secretary – Courtney Hando
- General members – Jessica Breust.

There are still 2 positions vacant for general members to join the committee. A big Thank You to these people as the committee is what is known as the Approved Provider in the Education and Care Service National Law and Regulations and all early childhood services must have an Approved Provider to operate. These members must also be approved by the regulatory authority (NSW Department of Education) to be on the management committee.

This week on **Thursday 4 May, the children who attend preschool on Thursday will be going to see Healthy Harold at the Life Education van** which will be at the Central School. We will be walking to there after lunch on Thursday. Excursion notes were sent home last week. Please return these by this Thursday.

Excursion notes are being sent home to all children this week for **our Bush Kindy excursions to the Nature Walk on the Golf Club Road. We hope to go on a fortnightly basis on Mondays and Thursdays** and hope to commence next Monday once all permission notes have been returned. We usually start off by going for approximately 1 – 1.5 hours and this time may increase to include having our morning tea and/or lunch at the Nature Walk – depending on the children and their interests while there. The children have really enjoyed their time there over the past couple of years since we made this a regular excursion each year and the conversations, observations and interests have been amazing.

This year we are having a **Mother’s Day Afternoon Tea on Wednesday 10th May** from 3pm to 4.30pm. Mums, Nans, Aunts and other significant women in the children’s lives are welcome to drop in anytime between these times for a cuppa, a lovely preschool treat and a little pampering. We hope you can come and join your child to celebrate.

On Monday 15th Jennifer from Hearing Australia will be at the preschool to rescreen some of the children that were tested in February and noted to require rescreening. She will also be screening some of the children who were not screened at her last visit. If you have concerns about your child’s hearing, please contact the preschool so that we can organise a screening with Jennifer.

Reptiles on the Go will be visiting the preschool on Friday 19 May at 11.30am. We invite families to bring along their child/ren if they do not attend on Fridays. There is no cost for the session as the preschool will be covering this. **The children will learn about and get to see and touch Australian native reptiles.** These may include on the day: Pythons, Shingleback, Frill Necked and Blue Tongue Lizards, Turtles, Frogs, Monitors and Crocodiles. Reptiles On The Go supports the Early Years Learning Framework (EYLF) by demonstrating ‘Belonging’ by teaching about relationships with children’s environment, local area and country, ‘Being’ by facilitating new and exciting experiences with the animals, and ‘Becoming’ by learning and inspiring interest in the Sciences. Information at the session is relative to the age and understanding of the children.

ON <i>this</i> MONTH	
@Peak Hill Preschool	
Life Ed excursion -----	04
Mother’s Day Afternoon Tea	10
Hearing Support visit -----	15
Bush kindy excursions (every 2 nd Mon & Thurs) 8&11	
Reptiles on the Go -----	19
AROUND THE COUNTRY	
International Star Wars Day -----	04
National Families Week -----	15-21
National Sorry Day -----	26

This term we have started the SWAY program which is an oral language and early literacy programme based on Aboriginal knowledge, culture and stories and 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. Some children have been identified to participate in the small group intervention program via telehealth sessions with a speech pathologist from Royal Far West and consent forms for this were sent home last term.

This term we are participating in the **Wonder Recycling Rewards by collecting bread bags**. There is a collection box at the front door of the preschool. It's important that items being recycled are not contaminated with other products and are as clean as possible. Below are a couple of questions and answers:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and

is a soft plastic, then it's a bread bag. If it hasn't contained bread,

then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process, but they do not need to be washed.

Kickstart Kindy at Peak Hill Central School continues this term each Monday from 10.45am to 12.45 pm. Jump into Joeys at St Joseph's Parish School has also started this term each Friday from 9am to 3pm. Flyers have been sent home for both programs to children eligible for school in 2024 and more information can be obtained from each school. Also, a reminder that every second Friday playgroup is held at Boatswain House (next to the Catholic Church) run by CatholicCare Wilcannia-Forbes from 10.30am – 12.30pm. Playgroup is being held this Friday 5th May.

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. A letter for all families is being sent home with this newsletter.

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.

Families are advised to keep children at home if they are unwell. As a rule of thumb, if a child requires paracetamol (Panadol) they are not well enough to be attending preschool. If a child has been sick, they must be **well for 24hrs before returning** to the Service. For example, if a child is absent due to illness or is sent home due to illness, they will be unable to attend the next day as a minimum. If a child has had vomiting or diarrhoea they must not attend preschool until 24 hours after the last loose bowel motion. For the safety and wellbeing of all the children who attend preschool and the educators, we ask that families adhere to these measures.

As the weather cools down, we would like to remind families to pack a jumper or a jacket for your child as we have a very limited number of spare ones at preschool. Please remember to also have a spare change of clothes in your child's bag. All items – clothes, drink bottles and lunch boxes, should be labelled with your child's name to 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



**Reptiles
on The Go**

**19th May 11.30am
@ Peak Hill Preschool**

Please bring your preschooler along if they do not attend preschool on Fridays

OUR LEARNING THIS TERM

Hi All. Welcome back to another exciting term of learning!

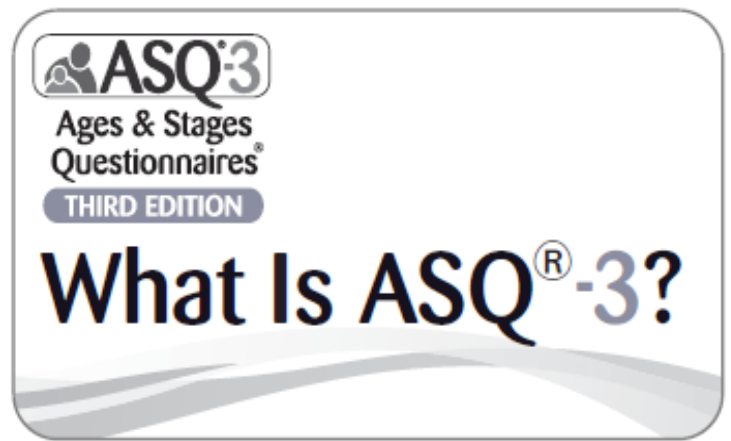
This term at PHPS we will be focusing on colour knowledge, shape knowledge, Fundamental Movement Skills and Social Skills. We will work on these through stories, songs, games, discussions, educator guidance and support and free play experiences based around our learning topics.

This Term we will also be engaging in the Sounds, Words Aboriginal Language and Yarning program, which will help the children to build language skills. We will also be taking excursions to the nature walk to help the children develop an awareness and love of the outdoors and the natural world.

Each child will also have their own individual goals, which educators will plan for and work on with children individually, based on Ages and Stages questionnaires completed with each of the children at the beginning of term 2.

If you have any questions or concerns about our educational program or your child's development, please don't hesitate to call, email or chat with us at preschool.

Thanks,
Leanne Hurst
Educational Leader



Ages and Stages questionnaires (ASQ-3) are a set of questionnaires about children's development from 2 to 66 months.

Doing this screening provides a quick look at how children are doing in important areas, such as communication, physical ability, social skills, and problem-solving skills.

ASQ-3 can help identify a child's strengths as well as any areas where the child may need support. It helps to identify when a referral to health professionals is needed.



Go Noodle

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

Go Noodle is a interactive website full of active videos for children. Dance and move along with the hosts on the screen. No need to sign up just press play. Give this one a try [indoor recess](#)

Adults boost those endorphins and join in too!



Happy MOTHER'S Day

WE INVITE YOU
TO CELEBRATE WITH US

PEAK HILL PRESCHOOL | 10 MAY 2023 | Drop in between 3.00-4.30PM

We invite our Mothers, Grandmothers, Aunts, and the special women in the preschoolers' lives to drop in for a treat or two prepared by the children.

App reviews

Family friendly apps to help your morning and night routines.



KINDERLING KIDS RADIO

KINDERLING KIDS RADIO | FREE VERSION & SUBSCRIPTION

Kinderling is designed around your family's day and night routine. Upbeat and playful in the morning; educational and distracting in the afternoon, and calming and soothing from the witching hour through to bedtime.

Bring the family together with our huge selection of classic and favourite stories and educational podcasts. Perfect for car trips, meal times and – of course – bedtime!

Bedtime Explorers, has mindfully guided kids to sleep over 10 million times and counting. That's why it is one of the world's most awarded and top rated kids' audio sleep solutions.

MOSHI KIDS: STORIES & GAMES

MIND CANDY LTD | FREE WITH IN APP PURCHASES

Meet Moshi - a safe, fun, and entertaining app built just for kids. Moshi takes kids on extraordinary adventures in a magical world where they can play, explore, and relax - day or night.

With over 85 hours of original audio stories, meditations, and music, as well as interactive mini games made up of puzzles, colouring, matching, and memory activities, Moshi is designed to promote learning and creativity through play.

PLANT A BEE FRIENDLY GARDEN

A backyard garden can become a haven for native bees. It can provide a long-lasting and varied source of the nectar, pollen and building materials that bees need.

Five Tips for a Bee-Friendly Garden

1. **Select plants that flower right through the year.** Many native bees need nectar and pollen throughout the year. So choose plants with a long flowering period, or choose a selection of plants that will flower in sequence in each season of the year.
2. **Select flowers with a variety of colours and shapes.** Different kinds of native bees like different kinds of flowers.

3. Plant a group of each flower species.

If you can plant a bed or row of a particular flower, this will attract native bees more easily than scattered plants. However, even a small Bee-Friendly Garden will help the bees, as they will visit your garden along with those of your neighbours.

4. Select plants that provide nesting materials for the bees too.

In addition to nectar and pollen, some bees need collect materials to build their nests.

5. Avoid insecticides in your Bee-Friendly Garden.

Insecticides will kill native bees as well as garden pests. Try to avoid using any insecticides in your garden. However, if you really have to use one, choose an insecticide that has low toxicity for bees, try to apply it when bees are not active (such as at night or on a cold day) and avoid spraying the flowers of the plant.

Find out more: aussiebee.com.au/bee-friendly-garden.html

FOCUS: BENEFITS OF SENSORY PLAY

What Is Sensory Play Sensory play is the type of activity that stimulates children's senses which are the different ways we perceive the world. Our brains use senses to help us manoeuvre in our surroundings and sensory play helps children develop them.

The five most commonly known senses are taste, smell, sight, touch, and sound. Most sensory plays focus on stimulating the touch, sight, and hearing senses because they are more accessible. Activities that can provide a sensory experience to stimulate other senses are also important although less common when people talk about sensory play.

Why is sensory play important? Sensory play in early childhood plays an important role in brain development because sensory stimulation is essential for sensory integration and cognitive development². Human brains are made up of trillions of brain cells (neurons) and nerve connections (synapses). Sensory activity can strengthen sensory-related synapses and functions in the brain.

Exposing children to various sensory experiences is necessary for a young brain to develop the proper sensory processing capabilities. Sensory play activity is especially important to children with sensory processing problems such as sensory processing disorder. These children tend to have difficulty engaging in sensory play activities.

Play is also essential to a child's development, such as language development, besides sensory development. Children become more creative by playing. They also build their linguistic, cognitive, visual spatial, social, and emotional skills.

Sensory Activities Ideas: Kids of all ages can benefit from activities that stimulate their different senses. It is easy to create sensory activities using different objects at home.

There is no need to buy expensive sensory toys. Use ordinary objects in your house as sensory materials. Here are some of the best sensory activities and fun ideas for busy parents.

Tactile play: These objects provide sensory input to stimulate children's touch senses. Don't be afraid to try something new and have messy play activities. That's sensory learning! This is also a great time to bond with your child and create fun memories that will last a lifetime. food

- shaving cream
- hair gel
- baking flour
- play dough
- cotton balls
- water play with different temperatures



Visual play: sensory bottles filled with water and glitter for shaking and watching, finger-painting using art material, scavenger hunt.

Scented play: Fruit, flowers, spices.

Audio play: baby rattles, musical instruments, knocking on different types of materials to hear the different sounds, e.g. metal, wood, plastic, paper, etc.

Taste play: **Sweet** – apple, muffin, **sour** – orange, lemon, **salty** – pasta, **bitter** – kale.

Sensory tub: Fill a large container or table with new things that children can touch, smell, or hear to give them new sensory information. Different materials with different textures can be used in themed sensory bins for variety.

Ask your kid relevant questions about their sensory exploration to build their language skills at the same time. Create a conversation that encourages your child to use descriptive words.

For example, ask these questions: How does it feel? What does it look like? Does it smell good? Do you like the sound it makes?

Final Thoughts On The Importance of Sensory Play So, the next time you see your child play with random items like paper towel rolls, pots, straws, and toys; encourage them. Babies and toddlers can use anything and everything to explore the world. And by allowing them to follow their instincts, you help nurture their senses.

Li, Pamela. (2023). Benefits of Sensory Play and 21 Sensory Activities for Pre-schoolers. Retrieved from <https://www.parentingforbrain.com/sensory-activities-importance-sensory-play/>

Shaving Cream Words

Shaving cream is such an amazing sensory activity! Your kids will be so excited to use shaving cream for a learning activity, it won't even feel like they are learning! **First**, spray foam shaving cream on an art tray. **Then** Spread it out so the shaving cream is all over the tray! Write their name or a sight word that you are working on in the shaving cream and ask your child if they know what the word says. Ask them to copy their name or the word in the shaving cream. Repeat this process over and over again! Let your child erase the words so they get a chance to play in the shaving cream! Find this and more activities **here**. (<https://abcdeelearning.com/how-to-teach-sight-words/>)





PUT ON A SHOW TOGETHER

Children are natural performers! Using whatever props you have to hand (puppets, dolls, action figures, hairbrushes, boxes can all help), act out a play with your child. Let them dictate the plot as you go! The key is for your child to explore their own creative interests and express themselves.

Not sure where to start?

Bring a book to life: act out one of your child's favourite books. Let the children grab some props, musical instruments and whatever else they want out, and have some fun re-telling the story together.

Choose a nursery rhyme: you know them well. Use one of the classics and turn it into a show.

Re-create your favourite episode of Bluey! My children do this without prompting.

If your child isn't into 'acting' get out the music instruments, cardboard boxes and put on a rock show!

Call in siblings, Grandparents, friends to watch the show!

Drama and storytelling also give your child opportunities to build and practise vocabulary and learn about the structure of stories. And when your child acts out roles like a caring nurse, they see the world from someone else's point of view. This helps them build empathy.

The preschool years can be a very creative time! Give them the platform and safe space to perform. Have fun!

BANANA CAKE



PREP 20 MIN | COOK 30 MIN SERVES 16

INGREDIENTS

3 overripe bananas , <i>mashed</i> .	2 eggs
3/4 cup olive oil	1 cup Greek yoghurt
1/2 cup brown sugar	1/3 cup pure maple syrup
1 tbs vanilla bean paste	1 cup buckwheat flour
1 cup plain flour	1 1/2 tsp baking powder
1 tsp cinnamon , <i>ground</i>	1/2 tsp nutmeg , <i>ground</i>
1/4 tsp ginger , <i>ground</i>	pinch of salt

Whipped Ricotta Maple & Chocolate Frosting

2 cups fresh ricotta	1/2 cup pure maple syrup
2 tsp vanilla bean paste	1/2 cup cocoa powder

METHOD:

To make the banana cake:

1. **Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. **Pour** the batter into the prepared tin.
5. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
6. **Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

1. **Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. **Smother** the cooled cake with a thick layer of frosting.
4. **Cut** into 9 or 16 squares. Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

Feedback 
is always welcome

How can we make our newsletter, or indeed the preschool itself, even better? What information would you like us to include?

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