



PEAK HILL PRESCHOOL KINDERGARTEN INC.

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Hi families and friends of PHPS,

Welcome to another busy term!

Educators and families have been getting used to the OWNA app. It is great for posts of Our Day, learning goals and observations. It allows for the signing of incident reports and consent forms, you can use it to tell us if your child is not coming on a particular day, for newsletters, etc. Please use the app and become familiar with it, even if you only check it the days your child attends. SEE PAGE 4.

This week we are having "It's Mad World" performance at the preschool. A flyer has been posted on the OWNA app. For those children who do not attend on Wednesday, feel free to bring them along for the performance at 10am however parents must stay with their child if it is not their preschool day. The performance goes for approx. 30mins.

This week children, educators, admin and any visitors will be participating in **Emergency Evacuation and Lockdown drills**. This Monday we held our first drill. These drills are an important exercise to make sure we are prepared in case of a real emergency. They help keep us safe and enable us to implement processes, analyse their performance and improve our practices.

During this drill the children follow educators to the emergency assembly area and answer "here" when their name is called from the roll to make sure everyone in the service is present. Children are always explained the reason for the drills and often come up with their own scenarios where we might need to use the emergency procedures. Reg 97 (3)(a) requires that emergency and evacuation procedures are rehearsed every 3 months by the staff members, volunteers and children present at the service on the day of the rehearsal.

The drills this week also provide an opportunity for parents and caregivers to discuss what to do in an emergency with your children. A fun link to NSW Fire and Rescue Brigade Kids is www.brigadekids.com

The Sway program has begun at the preschool. On Wednesday 8th May we had a visit from the Sway team from the Royal Far West school in Sydney. Families of the children participating in the targeted sessions came along to meet the team and learn a little more about the program. They met Lizzie, the speech pathologist, who will be having the sessions each week with the targeted groups via zoom.

PUBLIC HOLIDAY CLOSURE - the Preschool will be closed on Monday 10th June for the King's Birthday long weekend.

Thank you to everyone who came along for our Mother's Day Afternoon Tea. The scones prepared by the children were delicious as always! There were some beautiful nails at the end of the afternoon and some exquisite jewellery as well!

On 10th April, the Management Committee held the Annual General Meeting (AGM) and presented the annual audited financial report to those present, along with the President's and Director's annual reports. The management committee is:

- President – Skye Westcott
- Vice- president Mikaela Hando
- Secretary – Courtney Westcott
- Treasurer – Clare Blackwell

This year we welcome Mikaela Hando to the committee as we farewell Marli Sarah and Jessica Breust, each having been on the committee for a number of years. We thank them for their contribution to the preschool. There are still 3 positions vacant on the committee if anyone can set aside some time each month to attend meetings and contribute to the operation of the preschool. Please see me for details. The management 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.

Miss Gail from Musica Arioso has returned and will be at the preschool each fortnight until the end of the term.

ON *this* MONTH

@PEAK HILL PRESCHOOL

It's a Mad World Performance -----05/06

Long weekend – Kings Birthday – CLOSED -----10/06

PJ Week -----01-05/07

Last day Term 2 -----05/07

Preschool CLOSED (staff development) -----22/07

First Day Term 3 -----23/07

AROUND THE COUNTRY

Mabo Day ----- 3/06

World Environment Day ----- 5/06

SAVE THE DATE: THE FIRST DAY OF TERM 3 IS A STAFF DEVELOPMENT DAY (MONDAY 22 JULY) AND THE PRESCHOOL WILL BE CLOSED for staff to attend a training day with Brendan O'Hara. Parents are also invited to attend – see the flyer in this newsletter

A REMINDER THAT A CHILD AT RISK OF ANAPHYLAXIS ATTENDS PRESCHOOL and we ask that families pack food items that **DO NOT CONTAIN NUTS OR FISH**. Please do not send anything with hazelnut spread (Nutella), peanut butter, muesli bars with nuts, etc. We thank you for your support with this.

SAVE THE DATE: TAPAS AND TRIVIA FUNDRAISER SATURDAY 27TH JULY. The Management Committee are once again holding a Tapas and Trivia night on Saturday 27th July as a major fundraiser. Last year was a great night with great food, great company and some interesting trivia questions and answers. Stay tuned for more details.

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.

The annual Peak Hill Show is fast approaching. It will be held on Tuesday 20th and Wednesday 21st August. The preschool will be entering some of sections in the pavilion, creating a preschool display in the pavilions and having a stand with some children's activities. The preschool will be covering the cost of entry into the show for preschool children. More information to come.

NAIDOC celebrations at the preschool will be held early in Term 3. We have also been asked once to again to sing a song or 2 at the community NAIDOC celebrations to be held at the Ex-Servies Club in the first week of the holidays.

The last day Term 2 is Friday 5th July. First day Term 3 is Tuesday 23rd July.

During the last week of this Term from **Monday 1st to Friday 5th July we invite children to wear their Pj's to preschool** on one or all of their days to raise money to support children in foster care by the Pyjama Foundation. A gold coin donation would be appreciated.

Preschool is open each day from 9am to 3pm. We ask families NOT to drop off the children before this time as there is limited staff, and this is also time used to set up for the day. In the afternoons staff are rostered from 3pm to 3.30pm to clean the preschool. The only exception to this being the children who come on the buses from out of town.

Please remember to send in a water bottle each day filled with WATER ONLY. The preschool has limited spare bottles to be used when a drink bottle is left at home on the odd occasion. 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.

If anyone is in need of a backpack, lunch box or drink bottle please let us know as I have some new ones available should anyone need them.

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

Cheers,
Narelle Elias
Director



NATIONAL Pyjama Day
Join us and wear your PJs to support foster kids with **BIG** dreams

WHAT: Wear your pyjamas to preschool

WHEN: 1st – 5th July Week 10

DONATE: Gold coin donation at preschool

Peak Hill Pre-School Kindergarten, Inc.

nationalpyjamaday.com

Our Learning this Term

This term at PHPS we have been focusing on colour knowledge, shape knowledge, Fundamental Movement Skills and Social Skills. We have been working on these through stories, songs, games, discussions, educator guidance and support, puppet show scenarios, and free play experiences based around our learning topics. We love seeing how engaged the children are and watching their skills and understandings progress in these areas!

This Term we have also been engaging in the Sounds, Words Aboriginal Language and Yarning program as a whole group, which helps the children build language skills. The children are engaging very well with this, and those children participating in small group sessions have had a very positive response and are enjoying chatting with Lizzie (speech pathologist from Royal Far West School) in their weekly sessions.

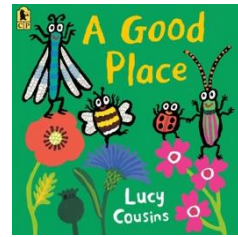
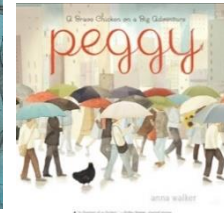
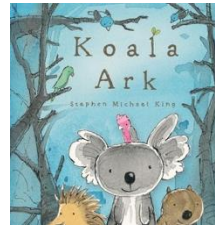
I have been completing Ages and Stages questionnaires with all our returning students this term to help gather information on where we can best focus each child's individual goals. It has been pleasing being able to compare last year's results with this year's results for our returning preschoolers and seeing so much growth in their skill levels! As Ages and Stages are completed, these, and the children's individual planning cycles will also be uploaded to OWNA for parents to view.

If you have questions, concerns, or any input you would like to add please feel free to get in touch or have a chat with me at preschool.

Leanne Hurst
Educational Leader

Book reviews

Koalas, Chickens, bugs!
Let's go on some animal adventures!



KOALA ARK | STEPHEN MICHAEL KING

Through the smoke, in a tiny battered boat, Koala sets out to rescue the billabong friends. From the multi award winning author and illustrator who brought you Three, Rainbow Bear and Leaf comes a tale of care, companionship and renewal.

PEGGY | ANNA WALKER

Peggy the hen is contented with her quiet existence and daily routine. When a powerful gust of wind sweeps her up and deposits her in the midst of a busy city, she explores her new surroundings, makes new friends, and cleverly figures out how to get home—with a newly kindled appetite for adventure. Evocative full-colour paintings follow Peggy's journey, offering comical details that reward repeated viewing. This reassuring tale and its unruffled heroine invites discussions of exploration, safety, and resourcefulness.

A GOOD PLACE | LUCY COUSINS

Bee, Ladybug, Beetle, and Dragonfly are looking for somewhere to live. And each has a different want: Bee loves flowers, Ladybug prefers leaves, Beetle is fond of dead wood, and Dragonfly likes ponds. But every time they find what seems like the perfect spot—with beautiful flowers, a tiny pond, some dead wood, or gorgeous green leaves—they discover it's underfoot, near traffic, or otherwise not safe. Will these four friends ever find a good place?



5 Minute MOVES

Making Bridges

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

Core strength activities can be fun. Show your child how to make a bridge by lying on your back, keep knees and feet together while lifting the buttocks off the ground. This exercise strengthens the muscles around the hips and back, which are all part of the core. Ask your child to hold the bridge position for a few seconds. Increase the time, or the number of repetitions, as your child improves. Make it fun by driving toy vehicles under the "bridge" or have a bridge challenge.



Home Page

Once you have logged in you will automatically be on the home page.




Have you downloaded the OWNA app yet?

We ask that you check the app each day that your child comes to preschool (or at least once a week)

We use the app to:

- Post daily photos of what the children do each day
- send out your child's learning goals for each term
- their progress and observations
- incident reports which are signed on the app
- newsletters
- consent forms

These can be found by going to the home page  where the daily posts are shown.

- In the top left hand corner, clicking on the drop down menu, there are folders for Forms, Newsletters, etc., then click on these and a list will appear of the newsletters for example.
- From the Home page you can click on the + sign at the bottom of the home page and let us know if your child is not attending that day.
- Using the drop down menu at the top of the homepage, select your child. Then a page with their photo and birthdate should appear. Click on the 3 dots enclosed in a circle near their birthdate and a menu will appear of their goals, incident reports, documents, etc. (see pic on the right of this page)

So you can see how important it is to use the app!

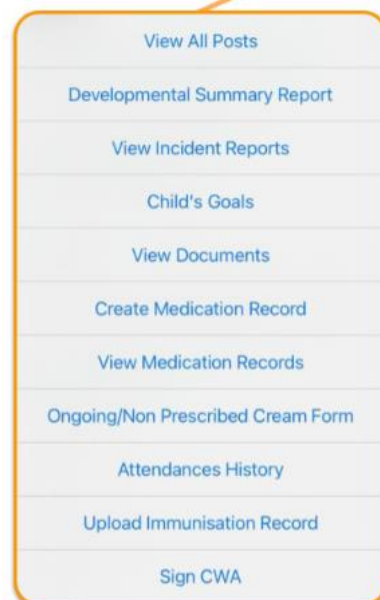
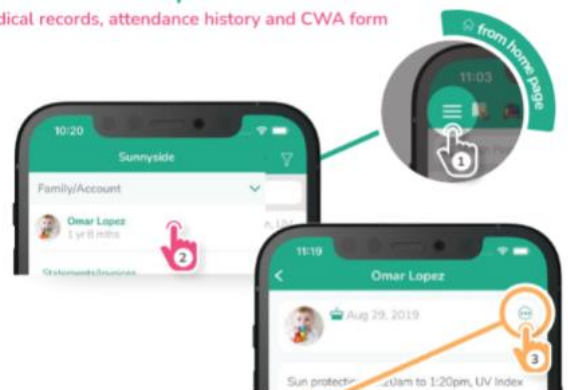
Once the app has been downloaded you will need your username and password which was sent to you by email at the beginning of the year. Please let us know if you would like us to send you the email again.

You can also log in via the website using your username and password although the layout is different to the app. The website is:

www.portal.owna.com.au

Records & Reports

Medical records, attendance history and CWA form



FOCUS ARTICLE: 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



Read the article via the QR code.

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

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 deodoriser 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](#)



HEALTH & SAFETY: Healthy Sleep



You know the scene. You're kicking back with your partner, glass of wine in hand, enjoying some quiet time at the end of the day, while your children slumber sweetly in bed.

You're serene in the knowledge that your children are getting the sleep their growing brains and bodies need and they'll wake up well rested and ready for the day ahead.

Or perhaps not. Instead, you might be one of the exhausted souls suffering the grinding misery of a child who doesn't sleep.

You'll spend hours trying to settle them, only to have them wind up in your bed. They'll wake up tired and irritable and get through the day fuelled by manic energy and meltdowns.

Sleep is very important to a child's health and development. A child's sleep is also important for their parents' health and relationships. It's just not always easy to come by.

The need for sleep varies with age. Infants require 12-16 hours, toddlers 11-14 hours, pre-schoolers need 10 – 13. A child in primary school generally requires between 10 and 12 hours sleep at night, while a high school student needs between eight and 10 hours. An adult needs seven to nine hours a night. But you can't just pick the low end of the range and assume that's enough – an individual might well need sleep at the top end of the range, or they might need more than the guidelines.

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance. Studies as far back as 1980 suggesting some children who were diagnosed with ADHD, medicated and pulled out of mainstream school were merely sleep-deprived.

Good sleep habits

Have a regular sleep pattern. Your child should keep regular times for going to bed and waking up. These times should be the

same or similar on weekends and holidays. The 24-hour body clock that controls sleepiness and wakefulness works best if there is a regular sleep routine. **Have a consistent pre-bedtime routine.** This will help your child settle and prepare for sleep. It may include reading quietly, a warm bath or a warm milk drink. Avoid exercise or stimulating play in the hour before bedtime. **Limit access to electronic devices** (including TV, smart-phones, tablets and computer games) and bright light exposure in the one to two hours prior to bedtime. Exposure to bright light or the LED light from electronic devices can reduce the evening levels of the sleep promoting hormone, melatonin, making it more difficult to fall asleep. Electronic devices should remain out of the bedroom where possible.

Ensure the sleeping environment is quiet, dark and comfortable. Children should sleep in their own bed. If a night light is required, a red light is preferred. If background sound is required, soothing, gentle music is preferred. The bedroom should be used for sleep only and not study or play if possible.

Daytime exercise and natural light exposure may improve sleep at night. Children who are inactive through the day and/or are not exposed to natural sunlight, particularly early in the morning, may have difficulty falling asleep at night.

Limit caffeine intake. Caffeine is a stimulant that prevents sleep. Caffeine is present in tea, coffee, chocolate, energy drinks and some soft drinks. Caffeine is best avoided in children and certainly should be avoided after midday to avoid interfering with sleep.

Self-settling

It is important skill to learn for children in order for them to go back to sleep after waking in the night. Sleep however is a skill that needs to be taught and there are many ways to go about it. Consistency with anything is key! Below you will find a range of resources to help you teach self-setting as well as all the other important aspects of sleep hygiene.

- kidshelpline.com.au/teens/issues/why-sleep-so-important
- sleepfoundation.org/children-and-sleep
- thesleepteacher.com.au/blog/
- tresillian.org.au/advice-tips/settling/top-tips-videos/



Read the article via the QR code.

Children's Health Queensland Hospital and Health Service. (2021). *Healthy sleep-in children*. Retrieved from childrens.health.qld.gov.au



PHONICS BASKET

Set up a fun phonics activity for pre-schoolers and school aged children with this sorting objects into baskets game!

Use three or four baskets and label them with one letter each. Find small toys, items, and pictures that begin with the letter on each of the baskets, and have your children sort the items into each basket. This game will help children 12 letters as well as determine beginning sounds. [FIND OUT MORE HERE](#)



MOVEMENT, THE BRAIN AND LEARNING

presented by Brendan O'Hara

Help children develop through song and dance

Assist them to:

- * develop gross and fine motor skills
- * coordinate the left and right half of the brain and body
- * integrate upper and lower body awareness
- * cross the midline
- * prepare for and improve reading and writing



Brendan O'Hara is a kinesiologist and education consultant. He is an accomplished national and international lecturer and presenter. Since 1984, Brendan has been developing an easy to do music program for 3 to 8-year-olds.

When: Monday 22 July 2024, 9am - 3.30pm

Where: Peak Hill Preschool

Cost: FREE for preschool parents (includes morning tea & lunch).

****This is a pupil-free day and care must be arranged for your child ****

RSVP: 5 July 2024

6869 1655 or peakhillpreschool@aapt.net.au



SINGING TOGETHER

“Through singing, children share in rich communication and relationships, a sense of belonging, meaningful learning and many happy experiences.”

Songs are a great way to help anyone learn and remember, and they are an awesome tool used by teachers all over the world. An important part of any preschool classroom, singing contributes to teach behaviour, basic skills, and social skills. Preschool songs also use rhymes to help children to learn vocabulary and communication skills. Why we sing:

- Being sung to is special, creating closeness and relaxation.
- Shared singing with adults supports the development of secure and trusting relationships.
- Participation in action songs and singing games promotes togetherness
- Learning songs of their culture supports children’s sense of belonging: in families, communities and early childhood settings.
- Singing aids joint attention, listening and concentration.
- Singing promotes speech and language: rhythm, rhyme, repetition and slower pace of articulation make songs a valuable developmental tool.
- Singing builds social and pretend play skills: the structure and actions of songs provide a framework, supporting the development of intersubjectivity (shared thinking and understanding).
- Our voice is our built-in musical instrument: awareness of beat, rhythm and pitch, acquired through singing and being sung to, lay foundations for all musical learning.

Source:

<http://thespoke.earlychildhoodaustralia.org.au/sing-belonging-becoming-song-infanttoddler-child-care-settings/>

National Quality Framework | Quality Area 1:

Element 1.1 – *The educational program enhances each child’s learning and development.*

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?

Peak Hill Preschool Kindergarten Inc.

Email: peakhillpreschool@aapt.net.au
Phone number: 6869-1655



CAULIFLOWER CHEESE FRITTERS

PREP 10 mins | COOK 5 mins | 6 People

INGREDIENTS

- 1 small or ½ large head cauliflower (about 3 cups)
- 2 eggs
- 1 cup self-raising flour
- ¼ tsp baking powder
- Salt and pepper, to taste
- ½ cup parmesan cheese, grated
- 1 cup milk

METHOD

Remove the leaves and stem from your cauliflower and cut into roughly 1cm square pieces. A mix of small and large pieces is fine, some will end up as crumbs just make sure the stem parts are not too big, so they cook through.

Add all the ingredients to a large bowl except for the milk, then gradually add the milk until you end up with batter about the thickness of pancake mix evenly coating all the cauliflower. You might not need all the milk.

In a large frypan over medium heat add about 1cm of neutral oil and heat for a few minutes. Working in batches, drop the batter into palm-sized rounds and cook until about ¾ done before flipping. It should take about 2-3 minutes on the first side and 1 minute on the next and end up golden and crispy. Drain in a sieve placed over a bowl or on some paper towel.

Repeat until all fritters are cooked, adjusting the flame for temperature as you go if it gets too hot or if they take too long.

Enjoy! (Source: www.australianeggs.org.au)