




Hi families and friends of PHPS,

Welcome to our new families who have joined the preschool family this year and welcome back to those families returning to preschool for another year.

Well done to everyone who has been signing in and out using your individual PIN. A big THANK YOU to those families who have downloaded the OWNA app and who have been engaging with our posts, forms and reports. It has been a big learning curve for everyone - families and staff! If you haven't downloaded the app or can't find the email with your username and the link to download the app, please let us know so we can resend it to you. Also, if you need help with anything in regard to the OWNA app please let us know so that we can help. Daily posts, incident reports, forms, excursion notes etc. are now all being posted on the app.

Another feature of the app is that you can let us know if your child is not attending preschool on a particular day. There is a + sign at the bottom of the home page where this option will appear.

A reminder that we would like all families to complete the Family Goals sheet in the Forms section of OWNA, which can be accessed from the drop down menu in the top left hand corner of the OWNA home page , This will allow us to plan for your child this term. If the Forms option does not appear in your drop down menu, please let us know so we can resend it. Thank you to those families that have completed the form already.

This year we welcome Miss Ash to the preschool. Ash recently completed her Certificate 3 in Early Childhood Education and Care. At the end of last year, we farewelled Miss Bec and Miss Lani and thank them for their time at PHPS. Staff for 2024 is as follows:

- Monday: Leanne, Lamia, Ash, Narelle (office/admin)
- Tuesday: Narelle, Leanne, Lamia, Ash, Bernadette (admin)
- Wednesday: Narelle, Leanne, Lamia, Ash, Bernadette (admin)
- Thursday: Narelle, Leanne, Lamia, Ash, Bernadette (admin)
- Friday: Narelle, Lamia, Ash, Leanne (programming)

The preschool is open each day from 9am to 3pm and we ask that families adhere to these times as before 9am staff are setting up for the day and some staff do not start until 9am. In the afternoons staff are rostered until 3.30pm and are required to clean between 3 and 3.30pm. The only exception to this being the children who come on the buses from out of town. Only children who live out of the

town limits are permitted to travel by bus to preschool and this must also be arranged with the bus company.

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.

It has been fantastic to see such healthy lunch boxes at preschool – many packed with fruit, salads, cheese sticks, yoghurts, rice cakes and other healthy items. Just a reminder we are unable to reheat any food due to food safety requirements. Please remember to pack a water bottle each day with cool, fresh water.

On Saturday 9th March the Boori Easter will be held at the Memorial Park, Peak Hill. The Boori Christmas was postponed in December due to extreme heat. The preschool will have a stand on the day and we hope to see as many families as possible. More information will be provided on the OWNA app once available.

The 5 day fortnight with alternate Fridays has been working well. A message with the Friday dates your child attends was sent home at the beginning of the term. It will also be put up on the OWNA app.

Miss Jodi from Peak Hill Library comes to preschool each Tuesday for Storytime. She recently sent home a Library membership form for those wishing to become a member of the library. Please return these to the preschool or directly to Jodi at the library. If you need another form, please let us know.

**ON *this* MONTH**

@Peak Hill Preschool

CJ Musical Puppet Adventure	-----01/03
Boori Easter (postponed from Dec.)	-----09/03
Good Friday (Preschool closed)	-----29/03
Easter Monday (Preschool closed)	-----01/04

AROUND THE COUNTRY

Clean Up Australia Day	----- 3
St Patrick's Day	-----17
Harmony Week	----- 18-24
National Ride to School Day	----- 22
Earth Hour	----- 23

SAVE THE DATE: On Friday 3rd May, the first Friday in Term 2, the preschool will be CLOSED as staff will be attending the Early Childhood Australia Reconciliation Symposium. The ECA Reconciliation Symposium provides the opportunity for those working to support young children in their wellbeing, education and care to engage in discussion about reconciliation, bringing culturally diverse perspectives, evidence-based practice, traditions and new thinking together.

This week I was informed by Miss Gail that she will be unable to come to the preschool for music lessons for the rest of this term and in Term 2 at least, due to health issues. We are currently looking to see if there is another person who could possibly come to the preschool for music lessons/activities with the children as they enjoyed Miss Gail's visits each fortnight. We wish Miss Gail all the best.

At this stage the management committee is hoping to hold the Annual General Meeting (AGM) in early April. Once the financial reports have been completed at the accountant's, we will be able to confirm a date and let everyone know. If you are interested in joining the management committee, please come and see either myself or one of the committee members for more information. The management committee is the approved provider of the preschool and is approved to operate an early childhood service.

Thank you!

Cheers,  
Narelle Elias  
Director



## Our Learning this Term

This term at Peak Hill Preschool we are focusing on helping the children to settle in, form and renew great friendships with their peers and teachers and learn routines, rules and responsibilities at preschool. We are also focused on identity (learning all about me, my family, my similarities and differences with others and things that make me special), learning about my emotions and strategies to regulate them and also health, safety and hygiene skills and performing them independently (e.g. handwashing, sun safety, nose blowing, cough etiquette, healthy food choices, dental health, road safety and protective behaviours to keep us safe).

We have been loving seeing the children share about their families, interests, likes and dislikes with their peers and teachers. Our preschoolers have all settled in (or back in) well and we have a lovely rapport with our groups already. We love getting to know our students and learning how to best support them.

As we receive our Family Goal sheets and have team discussions about our observations, we are developing individual goals and plans to support these, which will be available for families to view on OWNA. We welcome any feedback families might have on these! If you have not yet filled out a family goal sheet or provided a response via text message, please complete the family goals sheet found in "forms" on OWNA. If you are having trouble accessing this, let us know and we can provide a paper copy, or fill one out over the phone with you.

To help all our children feel a sense of belonging at preschool as well as a connection with home, we have a "Family Tree" display. Our tree is looking beautiful with lots of family photos, and we would love for all families to be included. If you have not yet sent us a family photo, you can send us one via email or by texting it to the preschool mobile phone. We are more than happy to print these out for our display.

We look forward to a great year of learning together!

Leanne Hurst  
Educational Leader

A health reminder poster with a dark blue background. The title 'HEALTH REMINDER' is in white, followed by 'When your child is sick...' in a larger white font. Below the title, there are three columns of text in white on a teal background. The first column says: 'If you have to give your child Panadol or Nurofen for a fever or 'to get them through the day', you need to keep them at home.' The second column says: 'If your child has a hard cough, constant runny nose, sore throat or swollen glands, don't send them to preschool or child care.' The third column says: 'To ensure the safety of your child and others, please don't send them to school when they are sick.'

## Home Page

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



**Have you downloaded OWNA yet and started using it each day your child attends?**

This year Peak Hill Preschool has started using the OWNA app and all parents should have received by now an email inviting them to register and download the app. A PIN was also provided in the email to sign your child in and out of preschool.

The app will be used to:

- post Our Day with photos from the day your child attends
- anything happening at the preschool such as performances
- any incident reports that need signing (signing is done on the app)
- any forms that need completing such Family Goals and excursions notes
- each child's individual child's learning as the year progresses

Posts can be found on the home page while a drop down menu on the top left corner will have the links to other forms, reports and information. **So you can see how important it is to use the app!**

Please check the notification settings on your phone for the OWNA app so that you receive notifications when something is posted to the app or you receive a report or form to complete. We will be sending out PINS for emergency contacts soon , or please ask if needed before.

## BEST BLOGS

**BABYVINE | [babyvine.com.au](http://babyvine.com.au)**



*We place an emphasis on meaningful, useful and worthwhile content that parents can not only relate to, but gain from. Babyvine.com.au offers researched articles from experts, developmental play ideas, personal stories, and amazing giveaways that all work together to share everyday parenting experiences in all their variety.*

Written by mothers of young children, the authors understand the endless roles Mums play every single day. From caregivers, chefs, chauffeurs, and educators and so much more, mums wear many hats and there's hardly a moment to breathe. Babyvine is a resource to help you answer those questions. Whether it is information you're looking for or play inspiration you can find it all right here. You can also find them on Instagram at [/thebabyvine](https://www.instagram.com/thebabyvine)

**KIDDIPEDIA | [kiddipedia.com.au](http://kiddipedia.com.au)**

*Kiddipedia is Australia's leading parenting resource website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.*

There are so many tools available on kiddipedia to help you be the best possible parent you can be. You can also follow along on Instagram at [/kiddipedia](https://www.instagram.com/kiddipedia).

## 5 Minute MOVES

### THIS MONTH LET'S... DO YOGA

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

You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try : [Cosmic Kids](https://www.youtube.com/watch?v=LhYtcadR9nw) [www.youtube.com/watch?v=LhYtcadR9nw](https://www.youtube.com/watch?v=LhYtcadR9nw)

## FOCUS: The ART of creating

The process of creating and making art is natural to children, as they engage all their senses to explore the world around them. The arts enable children to use their whole bodies for learning and create endless opportunities for imagining and creating.

Children as young as 20 months can assign imaginative meaning to their playful mark making, art is a way to make their ideas, thoughts and imaginations visible.

Encouraging and engaging with children in art is essential in early development, with process art the preferred method for children to explore imaginative creation without direction, no right or wrong, and fun, pure, play. Allowing time as well is really important and the benefits are huge with creative exploration having many positive impacts on the development of your child.

### Some benefits of art for children include:

- Relaxation: kids learn to focus and can explore feelings at their own pace, without interference
- Communication: art encourages language, as they discuss what they are seeing, feeling, wondering, evaluating
- Imagination: as they imagine and explore ideas, they will focus and concentrate, question and empathise
- Skill: children learn to predict, plan, problem solve as well as all the fine motor skills such as cutting, drawing, painting, printing.
- Children feel a sense of emotional satisfaction when they are involved in making art, whether they are modelling with clay, drawing with crayons, or making a collage from recycled scraps. This satisfaction comes from the control children have over the materials they use and the autonomy they have in the decisions they make.

When creating an artwork, children make decisions and continue to self-evaluate as they go. They decide what they will create, how they will create, mood, colour, form, who or what. As children grow and develop, their art-making activities move beyond exploring with their senses and begin to involve the use of symbols. Drawings move from scribbles to symbols, and all have meaning. Children begin to represent real objects, events, and feelings in their artwork. Drawing, in particular, becomes an activity that allows them to symbolise what they know and feel. It also helps children to make sense of the world, and visually step out what they are experiencing or feeling.



### Encouragement is key

- Have a genuine interest in what they are doing and listen to their meanings.
- Provide quality materials that spark joy (rather than cheaper paint colours that always end up icky brown)
- Give them plenty of time, and let them return to works in process, let them decide when an artwork is complete.
- Having a permanent space for children to create is also important and can also keep the creative projects in one designated area.
- Most importantly, share their delight in discovery, what they have created. This encourages feelings of self-worth and opens up communication channels. Art can be the place where you are able to chat openly together, and as they grow, continue to develop that link together.

Allowing art making at home is the first step to developing the whole child through art experiences. Child friendly materials are easily accessible these days, and there are so many how-to inspirations for adults on the internet. Approach with open ended play, provide materials and invitations to play, as well as parental involvement without interference. Let it be a joyful experience!



Read the article via the QR code.

Source: Boyd, Janine. (2022, July 04). **The ART of creating**. Retrieved from [kiddomag.com.au](http://kiddomag.com.au)

## NATIONAL RIDE '2' SCHOOL DAY

On March 22 why not ride, scoot or walk to school? National Ride '2' School Day is held annually each year to promote physical activity in children and remind parents and children that there are other fun options to driving.

By not driving every trip we are also reducing pollution. If more children ride or walk to school it reduces the amount of cars on the road. The results are cleaner air and a healthier environment.

[FIND OUT MORE HERE](#)



# HEALTH & SAFETY: Button batteries

**Button batteries are powerful, coin-sized batteries that are used in many toys and household products (e.g., keys, remote controls, calculators, musical greeting cards, watches and kitchen scales). Button batteries are especially hazardous if swallowed, and can cause lasting damage to the oesophagus and airway. Serious injury or death can result from ingesting a button battery.**

**If you think a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately.**

## Main cause of button battery injuries

Babies and toddlers tend to put things in their mouths, and button batteries are appealing to young children as they are small and reflective. Often, parents don't realise an item contains a button battery as the batteries are usually already installed. Children tend to have easy access to items that use button batteries (toys, pens, calculators, musical greeting cards). The covers on these items can sometimes be easily removed, making them a potentially deadly hazard for young children. If a button battery is swallowed, it can burn through the oesophagus (swallowing tube) in just two hours, causing internal burns, severe bleeding or death.

## What to do if you suspect a battery has been swallowed

If you suspect a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately. Button battery injuries can be catastrophic if not treated immediately. If you think a button battery has been swallowed, do not wait for symptoms to appear before calling an ambulance.

A child who has swallowed a button battery without anyone being aware may develop the following signs and symptoms:

1. **noisy breathing or chest pain**
2. **problems swallowing or drooling**
3. **vomiting blood or passing dark and yucky poo**

If you child has any of the above, go to your nearest hospital emergency department immediately.

## Ways to prevent button battery injuries

Children should never be allowed to play with button batteries. To prevent button batteries from being swallowed:

- keep household items you suspect may contain button batteries out of reach
- don't allow children to play with car keys, remote controls or other household products containing button batteries
- check toys in your home that contain button batteries and ensure they either have screw-on battery covers so that batteries can't fall out or be easily removed or discard them if they don't have this safety feature
- avoid buying toys that require button batteries as a power source
- keep spare batteries locked away and out of reach.

## Disposing of batteries

Rather than throwing batteries into the rubbish bin, take used batteries to your local recycling collection point – this will prevent children having access to batteries and accidentally finding them once they have been discarded. You can recycle batteries at the following places:

- Your local council (council websites often list additional disposal points)
- Planet Ark
- Aldi supermarkets
- Battery World

## Key points to remember

- Button batteries are found in many different household items and toys.
- Button batteries can cause serious injuries or death if swallowed.
- Any child who is thought to have swallowed a button battery should be immediately taken to the nearest emergency department.



Read the article via the QR code.

Source: The Royal Children's Hospital. (2023)  
**Safety: Button batteries** Retrieved from  
[https://www.rch.org.au/kidsinfo/fact\\_sheets/Safety\\_Button\\_batteries/](https://www.rch.org.au/kidsinfo/fact_sheets/Safety_Button_batteries/)

## UNO NUMERACY AND MORE

**1. COLOUR RECOGNITION.** Let toddlers **divide Uno cards by colour**. It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

**2. NUMBER RECOGNITION USING UNO CARDS.** Picking the same number, colour is irrelevant.

### 3. SORTING UNO CARDS BY COLOR AND NUMBER.

A little bit more enhanced: Sorting by both colour and number.

**4. GO FISH.** Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card he / she has in hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.

Source: [besttoys4toddlers.com](http://besttoys4toddlers.com)





## Being Environmentally Responsible

*Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland*

### **Within our Service children:**

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

**National Quality Framework | Quality Area 3:**  
*Physical Environment Element 3.2.3 Environmentally responsible*

## EASY CHICKEN TRAY BAKE



SERVE 4 | PREP 10 min | COOK 1hr

### INGREDIENTS

- 8 skinless chicken thighs
- 1 cauliflower, broken into florets
- 1/2 butternut pumpkin, cut into 2cm cubes
- 1 cup frozen peas
- 3 tbs honey, melted
- 2 tbs extra virgin olive oil
- 1 tbs Dijon mustard
- 1 tbs wholegrain mustard
- 1 tsp salt-reduced soy sauce
- 1 clove garlic, minced
- 1/4 cup water

### METHOD:

Preheat oven to 200°C and line a baking tray with baking paper. To prepare the marinade, combine honey, oil, mustard, soy sauce, garlic and water. Place chicken thighs in a mixing bowl and pour over half of the marinade. Cover and refrigerate. In a separate bowl, add cauliflower, pumpkin and the other half of the marinade. Toss to coat. Pour vegetables onto baking tray and bake for 45 minutes, or until almost cooked through.

Remove tray from oven. Spread chicken thighs evenly over the vegetables, then pour over frozen peas. Return to the oven for 20-25 minutes, or until chicken is cooked through. Serve immediately.

### Enjoy!

*Recipe from Kidspot*