



**PEAK HILL PRESCHOOL KINDERGARTEN INC.**

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Hi families and friends of PHPS,

Who can believe that Term 3 is almost over, with only one term left this year? Hasn't it just flown by?

We hope that by now most families are using the OWNA app. We use the app to:

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

As families have access to the OWNA app while enrolled at the preschool and then access to the child's records on the app for perpetuity once they have left, physical portfolios will not be given out this year as the app takes its place and is available for all families to view at any time. We are currently working on something small to be compiled for those children going to school and who have previously received portfolios as we transition to digital portfolios.

Enrolments for 2025 will soon be open for our current children enrolled at preschool (hopefully next week) and this re-enrolment process will be done via the OWNA app. Instructions will be sent out once details have been finalised. Enrolments will open for all new children (including any siblings) in mid-October, after the holidays. In 2025 we will continue with the 5 day fortnight enrolment pattern, with Fridays again being the alternating day.

On Wednesday 28<sup>th</sup> August we held our NAIDOC celebrations. A big Thank you to all those that came along to watch the children perform some songs, do some activities and have lunch. Tyrone Robinson from Boganbilla Culturals was due to come along on the day but was unable to make it until the following Wednesday 4<sup>th</sup> September. He did some dances for the children and then taught everyone some dances, breaking down the different movements of the animals and what each one meant. He also taught the children how to say the different animals in Wiradjuri language.

This week children, educators, admin and any visitors have been participating in **Emergency Evacuation and Lockdown drills**. These drills are an important exercise to make sure we are prepared in case of a real emergency. 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.

Next **Monday 16 September, hearing screening** will be held at the preschool. These will be conducted by Hearing Australia through the HAPEE program. Also, on **Wednesday 26<sup>th</sup> September StEPS vision screening**, for children in the year before school, will be at the preschool. Consent forms for both will be sent home this week. (We already have some hearing consent forms from the last visit and will not require new ones).

During the last week of this Term from **Monday 23<sup>rd</sup> to Friday 27<sup>th</sup> September, we invite children to DRESS UP in their favourite character costume** on one, or all, of their days.

A big Thank you to all the dads, pops and significant persons who came along for our Father's Day session and morning tea. It was great to see the children working closely with their special person to make them a special present, and to spend some time with them at preschool.

Thank you to families for dropping off children from 8.55 onwards, as staffing is at a minimum before this, and also use this time for setting up. We ask that children are picked up by 3pm as staff are rostered from 3pm to 3.30pm to clean the preschool and late pickups mean they have less time to complete tasks. Thank you

**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.

**ON *this* MONTH**

@PEAK HILL PRESCHOOL

Last day Term 3 -----	27/09
Hearing Screening -----	16/09
DRESS UP WEEK – Week 10-----	23-27/09
StEPS Screening -----	26/09
First Day Term 4 -----	14/10

AROUND THE COUNTRY

Early Childhood Educators' Day -----	4/09
Child Protection Week -----	1-7/09
Indigenous Literacy Week -----	4/09

Unfortunately, the Tapas and Trivia Fundraiser planned for July had to be postponed. The Management Committee are looking at dates for early 2025. The raffle, originally for the night, was held and drawn on 30<sup>th</sup> August. Over \$1100 was raised. Thank you to everyone that bought and sold tickets. Winners were:

- 1st prize - Bunnings voucher - Bernadette Aiken
- 2nd prize - Taronga Western Plains Zoo pass - Maggie Morris
- 3rd prize - Trailer load of wood - Maggie Morris
- 4th prize - Vaporiser and oils pack - Charlie Wilkie
- 5th prize - Newsagency gift pack - Charna Edmunds
- 6th prize - Ariat bag & Unit drink bottle - Leonie Cole

**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.

Thank you to those families who have been keeping their unwell children at home. This helps to stop any illness spreading to others. You are able to notify the preschool on the OWNA app that your child will not be attending preschool on a particular day. Thank you to those already using this feature. A reminder that 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.

**Advancedlife Photography** will be taking preschool photos on **Wednesday 6<sup>th</sup> November**. You can order photos at [www.advancedlife.com.au](http://www.advancedlife.com.au) using code YE4 N4W CXM. Envelopes will be sent home after the holidays if you prefer this method. **(See below)**

**The last day Term 3 is Friday 27<sup>th</sup> September. First day Term 4 is Monday 14<sup>th</sup> October.**

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

This term we have been learning about numbers and counting through games, songs, stories and play experiences. The children have particularly enjoyed doing this through board games and games of UNO. We have been learning more about our Acknowledgment of Country and what it means through our discussions each morning. It has been lovely to hear the children's interpretations of this.

We have also been learning about people in our community who help us, through talking circle topics, shared reading and play experiences. The children have particularly enjoyed role playing as people in medical services. We have particularly focussed on the topics of our town and its features. This tied in nicely with the lead up to the Peak Hill Show and the art, craft and food items we prepared!

We are also learning about Australian animals and appreciating and caring for nature through shared reading, songs, felt stories and play experiences. We are helping the children develop a love of their local area and the natural world as well as a knowledge of the local plants and animals. In addition to discussions, looking at pictures and creating art, we will be taking a walk around Peak Hill with our Wednesday group to take in some of the special features of our town, as well as the natural environments surrounding it.

Lately the children have been enjoying some new songs with percussion instruments and we are very impressed with how quickly they are learning and the enthusiasm shown.

This year we have been unable to go on our usual walks to the Nature Reserve, as it needs some maintenance. We have consulted with council contractors about their future plans, and we hope this will allow us to go again in the future!

Thank you to all of our families who participated in parent and teacher discussions or provided us with feedback about your child's learning via text messages. We are directed by ACECQA to partner with families in decision making around children's learning, and these are some of the ways we facilitate these partnerships.

If you have any feedback, questions or concerns about your children's learning, please do not hesitate to get in touch!

Thanks,  
Leanne Hurst  
(Educational Leader/ Teacher)

# order your school photos now

to order visit: [www.advancedlife.com.au](http://www.advancedlife.com.au)

enter code: **YE4 N4W CXM**



scan to order

or collect a cash order envelope  
from your school office

**advancedlife**  
school photography & print specialists

# HEALTHY MOUTHS HEALTHY LIVING

## Advice for children 0-5 years

Good oral health is essential for our general health and wellbeing. Early childhood is the best time for children to learn habits which will last a lifetime and help them become healthy adults. Baby teeth are important for eating, talking and how children look. Baby teeth help shape the jaw and face and keep space for adult teeth to come through.

## Dental decay in young children

Dental decay in young children is a serious chronic disease that can start as soon as the first tooth comes through the gum. Dental decay starts as small white spots or lines that can slowly become larger, turning yellow or brown and leading to large holes. If decay is not treated it may lead to infection, pain and swelling and eventually to early tooth loss. Children with dental decay may have pain causing them to have trouble eating, sleeping, talking and concentrating. It can be a serious condition that often requires time in hospital.

## What can cause dental decay in young children?

- frequently eating sugary foods like cup cakes, biscuits, lollies, chocolate, muesli bars and fruit straps
- drinking sweet drinks like fruit juice, cordial and soft drinks
- putting a baby to bed with a bottle
- sucking or sipping on bottles or sippy cup all day with something sweet in it
- not cleaning or brushing teeth.

## How to keep mouth, teeth and gums healthy for infants and young children

### Tooth brushing

Before your child starts getting teeth you can clean their gums using a clean, damp cloth.

4-18 months: As soon as your child's first teeth appear, clean them using a child-sized soft toothbrush, without toothpaste.

From 18 months of age, brush your child's teeth twice a day with a small (smear) amount of fluoride toothpaste.

Children should spit out and not swallow the toothpaste.

Do not rinse their mouth with water after brushing, this will allow the fluoride from the toothpaste to better protect their teeth.

Help your child with brushing until they are eight years old.

Make tooth brushing fun - play a song, use a timer or tooth brushing app.

Children often go through stages of not wanting to brush.

Establishing a routine will help them later in life.

### Healthy eating

Only put breast milk or infant formula in feeding bottles and take the bottle away once your child has finished feeding.

Teach your baby to go to bed without a bottle.

Teach your baby to drink water from a cup starting at around 6 months of age.

Provide healthy snacks like cheese, vegetable sticks, fresh fruit, low fat yogurt.

Have treats like sweet snacks and drinks for special occasions only.

### Drink water

Offer tap water as this is the best drink.

Tap water should be boiled and cooled for children until they are 12 months of age.

## Dental check up

Check your child's teeth at least once a month by lifting their lip and looking for any changes to their teeth.

Following the My Personal Health Record (Blue Book), have your child's teeth checked at all child health appointments.

Children should have their first dental check-up by a dental practitioner by their first birthday.

Children should have a dental check-up before they start school.

Have regular dental check-ups. Your dental practitioner will be able to advise you on how often your child and family should visit.

All children (under 18 years of age) who are NSW residents are eligible for free public dental services in NSW.

The Child Dental Benefits Schedule (CDBS) gives eligible children from 0-17 years of age access of up to \$1,095 in benefits for oral health care over two calendar years.

Some Aboriginal Community Controlled Health Centres (ACCHS) provide dental care for their patients. Each ACCHS may have different eligibility criteria and appointment processes for their dental programs. Contact your local ACCHS for more information.

## Teething

Baby teeth start to come through the gums at around six months of age. By three years a child has a full set of 20 baby teeth.

If your child is uncomfortable when teething, use a clean cold cloth, teething ring or other teething product. If there are other symptoms, consult your doctor or Child and Family Health Nurse.

## Thumb /finger sucking and dummies

Thumb/finger sucking and using dummies by a baby is usually not a problem. It may be a concern if the habit is not broken prior to 4-5 years.

Do not dip dummies in anything sweet like honey, jam or condensed milk. This can cause dental decay.

Always clean your baby's dummy with water. Dummies should not be cleaned in the parent or carer's mouth.

Children should never share dummies.

## Avoiding dental injuries

Provide a safe environment for your child, in the home and in the playground.

Adult supervision helps to prevent childhood injuries.

Source: <https://www.health.nsw.gov.au/baby-teeth>



## Freeze

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

In this version of tag, as you catch and tag someone, they must freeze until someone else touches them and they are unfrozen. This is best played with the whole family.

**Chasing games** teach children to move their bodies in space effectively (not bumping into people and objects as they move) and improve their speed and reaction time.

Source: [empoweredparents.co](http://empoweredparents.co)

# HEALTH AND SAFETY: Good mental health for children: 3-8 years

## Children's mental health: what it is and why it matters

Mental health is **the way children think and feel about themselves and the world around them**. It affects how children cope with life's challenges and stresses.

### What good mental health in children looks like

Children with good mental health **feel loved, safe and secure** in their environments. They also feel happy and positive about themselves most of the time. They're kind to themselves during tough times or when things don't go the way they expect. This means they feel OK about trying new or challenging things. They enjoy life, learn well and get along well with family and friends. And they can manage sad, worrying or angry feelings and bounce back from tough times.

### Relationships and good mental health for children

A positive relationship with you directly and positively affects your child's mental health. Here are ideas to promote your child's mental health and wellbeing through a loving and supportive relationship:

- Tell your child that you love them, no matter what. You can also show love through your body language and nonverbal communication – for example, making eye contact, giving a hug or smiling at your child.
- Use a positive, constructive and consistent approach to guide your child's behaviour. This means giving your child praise and attention when they behave well, rather than negative consequences when they behave in challenging ways.
- Make time each day to talk and listen to your child. If your child wants to talk, try to stop what you're doing and give them your full attention.
- Enjoy time with your child doing activities they like. This could be reading together, kicking a ball, drawing, playing board games and so on.
- Have regular family meals. Eating together can strengthen your relationship with your child, give your child a sense of stability and connectedness, and have a positive effect on their development. It might also encourage your child to eat well too.
- Work on positive ways to solve problems and manage conflict between you and your partner, with your child and among other family members.
- Encourage your child to connect with others in the community – for example, waving and chatting to neighbours, attending local festivals or helping out at a community garden. This gives your child a stronger sense of their place in the world and helps them learn how to relate to different people.

### Emotions and good mental health for children

Children experience all sorts of emotions as part of growing up – fear, disappointment, sadness, anxiety, anger, joy, hope and so on. When children cope with big emotions or calm themselves down in difficult or emotional situations, they're likely to feel good about themselves. Here are ways you can help your child learn to manage emotions:

- **Talk about emotions with your child** and encourage them to recognise and label their emotions. You can also let your child know that it's natural to have all sorts of feelings. For example, 'It looks like you're really frustrated that your toy won't work. I can understand that'.
- **Role-model a positive outlook for your child** – for example, 'Running all the way around the oval looks hard, but I think I can do it if I take it slow and steady', or 'I'm disappointed that my cake didn't cook properly, but that's OK – I'll try it again another time'.
- **Support your child when something is bothering them**. For example, if your child is having trouble with friends at school, you could give your child plenty of hugs and reassure them that you're there for them. And you could work with the teacher on a plan to handle the situation.
- **Help your child learn to manage small worries** so they don't become big problems. You can do this by gently encouraging your child to do things they're anxious about instead of avoiding scary situations. For example, 'Have you thought about trying out for the school choir this year? You really enjoy singing'.

### Behaviour, goals, skills and good mental health for children

Here are ways to promote your child's mental health and wellbeing through a focus on behaviour:

- Have family rules about behaviour and involve your child in developing rules and consequences. Adjust the rules and consequences as your child grows. For example, you and your child might make and adjust rules about digital technology use or online behaviour. Rules and boundaries help children of all ages feel safe and secure.
- **Help your child to set realistic goals** for their age and abilities and work towards achieving them – for example, riding a bike without training wheels or trying to solve a difficult maths problem for school. And praise your child's efforts to achieve the goal, rather than the goal itself.
- **Help your child learn how to solve problems** so that they develop the skills to do this for themselves when they're older. For example, you can help your child work out what the problem is, brainstorm possible solutions, and choose a solution to put into action.
- **Encourage your child to try new things**, take age-appropriate risks, and learn from their mistakes. This could be things like entering a competition, speaking in front of the class, climbing new equipment at the playground and so on.

If you're concerned that your child is showing signs of poor mental health, it's best to seek professional help as soon as possible. Your GP can guide you to the most appropriate services for your family.

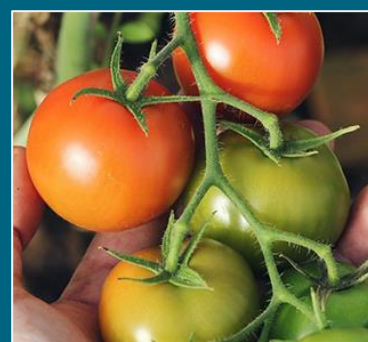
Source: Raisingchildren.net.au. (2022, November). **Good mental health for children: 3-8 years**. Retrieved from raisingchildren.net.au



## RE-GROW VEGGIES FROM SCRAPS

Did you know that there are lots of vegetables out there you can regrow from scraps and leftovers? And it doesn't matter if you don't have a garden; many of these veggies will regrow from your balcony or windowsill too. Regrowing your veggies is a fun and free way to get your kids excited about healthy food. Why not try turning it into an experiment to see which veggies grow the fastest? Or challenge your kids to making a recipe using their own home-grown produce.

Follow [this link](#) to find the instructions to grow a range of different veggies.



# FOCUS ARTICLE: Why Is It Important to Read to Your Child?

Parents hear all the time that it's important to read to kids. But why exactly is that? **The benefits of reading together go far beyond learning to read.**

Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school.

**Books also help children build empathy and learn how to handle challenging feelings.** Parents can use reading time as a chance to talk about emotions and how to cope with them. For example, you might say: "Have you ever felt as angry as the girl in this book? What would you do if you did?"

Even a few minutes of reading together gives you and your child a chance to slow down and connect with each other. And the sensory experience of sitting with you and hearing your voice also engages their brain in a way that makes learning easier.

**There's no one right way to read to your child.** You can read to them in any language, or multiple languages. You can do it at the same time every day or change up the routine. Your child doesn't even need to be sitting with you — just sitting nearby with a book while they play can be a way to connect.

The important thing is for your child to hear words and language and to have books be part of their daily life. Any steps you're able to take can make a big difference.

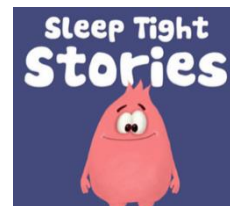


This is just a quick read of this article.  
Read the in full via the QR code.

Hannah Sheldon-Dean (May 13, 2024). Why Is It Important to Read to Your Child Retrieved from <https://childmind.org/article/why-is-it-important-to-read-to-your-child/>

## Podcast Reviews

Bedtimes can be tricky, try these bedtime story podcasts for a little helping hand. *Add these to your family podcast line up.*



### Sleep Tight Stories |

*Sleep Tight Stories brings you new calming bedtime stories every week. Each story is just the right length, and safe for kids of all ages. New kid friendly stories are added every week and feature originals and the classics that never grow old.*



### ABC Kids Listen | abc listen app

*ABC KIDS listen is a dedicated audio app for preschoolers, brought to you by the ABC. The app provides children aged 0-5 and their families with a way to access the music and stories from the ABC that they love in a trusted online environment. ABC KIDS listen cares about providing Australian families with a safe space for their children to access educational and entertaining audio content. Listen to ABCs Bedtime stories podcast here too.*

## READING AND BOOK-BASED ACTIVITIES



- Try books with rhyme, rhythm and repetition. Many young children enjoy books like *Ten little fingers and ten little toes* by Mem Fox, *Hairy Maclary* by Linley Dodd and *The Gruffalo* by Julia Donaldson.
- Encourage your child to turn the pages and talk about what they see. Use your finger to guide your child's eyes from left to right across the page as you read and point out certain words or phrases.
- Try lift-the-flap books or touch-and-feel books. You could even make your own book with objects your child likes to look at and touch.
- Encourage your child to take the lead with reading – for example, 'Where do we start from?' Every so often, stop reading and ask your child what they think will happen next.
- Link books with real life. For example, if you've read a book about playing in a park, you might like to take your child to the local park and point out swings that look like the ones in the book.
- Encourage your child to act out the story that you're reading. For example, you can ask your child to hop like the kangaroo in the book.
- Follow your child's lead with reading. Encourage your child but try not to push them. Experiment with different books to see what your child likes, and just have fun!



## 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](http://www.portal.owna.com.au)

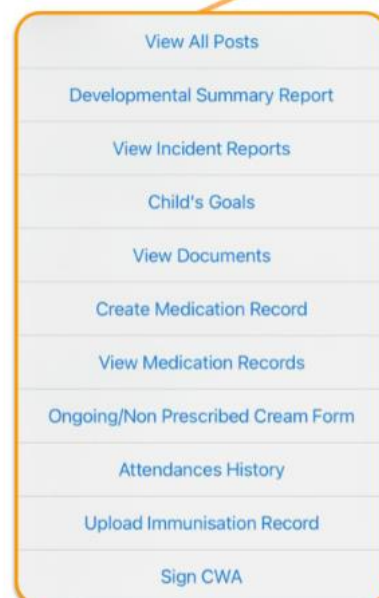
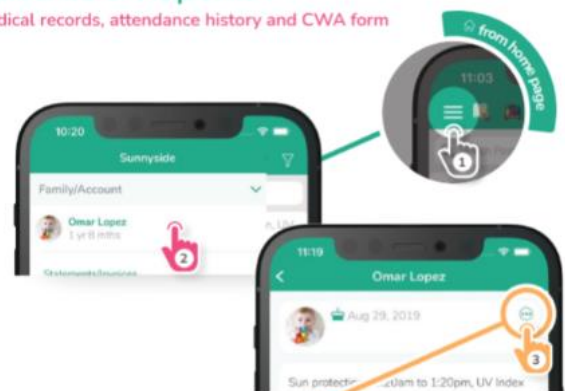
## Home Page

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



## Records & Reports

Medical records, attendance history and CWA form





## ART AND CRAFT

Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning. So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

**Fine motor skills** - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

**Cognitive development** - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

**Math skills** – Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

**Language skills** – As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

Source: <https://montessorirocks.org/importance-art-preschoolers/>

**National Quality Framework | Quality Area 1:**  
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

## BACON FRENCH TOAST



PREP 10 min | COOK 15 min | SERVES 6

### INGREDIENTS

5 cups of bread, cut into 2cm cubes  
3 rashers bacon -diced  
Oil spray

### Egg Mixture:

3 eggs  
1 1/4 cups milk  
1 tsp sugar  
2 pinches salt

### METHOD:

Combine the Egg Mixture ingredients in a bowl and whisk until combined. Add bread cubes and mix well. *(If using fresh bread, set aside for 10 to 30 minutes in the fridge. If using stale bread, set aside for 20 minutes to overnight. If you're in a rush, use your hands to gently squeeze the cubes to help them absorb the egg mixture faster.)*

Preheat oven to 180C.

Spray a medium fry pan with oil spray and heat on high heat. Add the bacon and cook until just starting to brown. Remove bacon from fry pan and drain on absorbent paper.

Spray 6 holes in a muffin tin. Mix the bread-egg mixture to evenly disperse the egg mixture that will have settled at the bottom of the bowl.

Divide 1/3 of the bread-egg mixture between the 6 muffin cups. Sprinkle with half the bacon, then press the mixture down with medium pressure using the back of a spoon.

Top with the remaining bread mixture. Each muffin should be slightly mounded even after lightly compressing them. The bread cubes on top will puff back up when you bake it.

Sprinkle with remaining bacon. Bake for 15 to 20 minutes until the top is golden brown. Let rest for 5 minutes before removing from the muffin tin.

Serve with maple syrup, if using.

*Recipe and image by Recipe Tin Eats*

**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](mailto:peakhillpreschool@aapt.net.au)  
Phone number: 6869-1655