



PEAK HILL PRESCHOOL KINDERGARTEN INC.

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Hi families and friends of PHPS,

What a busy term! Excursions, the Peak Hill Show, Father's Day, NAIDOC celebrations and the beautiful spring weather with lots of outdoor play. The children have well and truly settled into the preschool routine and are engaging in some fantastic exploration, learning and more play!

This week we are celebrating NAIDOC Week and participating in different activities across the week. On **Wednesday 17th September, we will be having some activities, a delicious lunch (there will be a sausage sizzle for the children, and they will not need to pack lunch); and Auntie Kelly will be cooking some of her delicious fried scones. Tyrone Robinson will do a dance workshop and some cultural activities** with the children. Everyone is welcome to come along. Bring your child to preschool to be a part of the celebrations if they do not attend on that day.

Re-enrolments are now open for 2026 on the OWNA app.

This can be done by clicking on the drop down menu in the top left hand corner of the app's home screen and then clicking on CENTRE and then on RE-ENROLMENTS FOR 2026. Please also complete even if your child is going to school in 2026 as there is an option of *Not requiring care*. (Please put finish date as 18 December if your child is not returning). Enrolments will open to the community on 22nd September.

On the 1st September important regulatory changes came into effect for the education and care sector designed to protect children from harm. These reforms signal a stronger commitment by governments and regulators to prioritise children's safety. **Services are now required to have clear policies and procedures in place for the safe use of digital technologies and online environments**, including guidelines for the taking, use, storage and destruction of images and videos of children, requirements for parental authorisation for image and video capture, rules on the use of optical surveillance devices (e.g. CCTV)(where applicable), and clear policies on service-issued digital devices and children's device use. There is now a **complete ban on vaping substances and devices within service environments**. This is in addition to the ban on smoking, tobacco and alcohol already in our preschool and includes staff, families and any visitors to the preschool. The updated policies are available in the OWNA app. Click on the drop down menu in the top left hand corner, then CENTRE, then DOCUMENTS AND POLICIES, then on the specific policy. Consents for photos are already included in the enrolment form however there will be some new consent forms uploaded on the OWNA app soon to make sure that we are complying with the new regulations.

Included in the new policy, *Safe Use of Digital Technologies and Online environments*, is also the requirement that **parents, families and visitors to our preschool will NOT be permitted to use personal electronic devices**, such as mobile phones, smart watches or META sunglasses, to take photos, record audio, or capture video of children being educated and cared for at the Service. There may be some exemptions that may warrant a person to use or be in possession of a personal electronic device that can be used to take images or videos. Staff, educators or visitors with an exemption must not use the personal device to take images or videos of children. Exemptions need to be provided for in writing by the approved provider. Educators will be using service devices to take photos and can share these with families to ensure the privacy and safety of each child enrolled at the preschool.

It is also a requirement that families be aware that sometimes other children in the Service may feature in the same photos, videos, and/or observations as their children. In these cases, families are never to duplicate or upload them to the internet/social networking sites or share them with anyone other than family members. Family members who do not comply with this policy may place their child's enrolment at risk.

We also ask that when dropping off and picking up your child that parents/carers are not talking on their phones and that your phones are put away and that the main focus be on your child at this time. We thank you for your understanding in this matter.

We have been reviewing and reflecting upon the preschool's philosophy and have re-written it to reflect our current values, beliefs and practices. A Service Philosophy is important as it provides a foundation of core values, beliefs and views to guide educators work with

ON *this* MONTH

@PEAK HILL PRESCHOOL

Father's Day Morning Tea ----- 2 & 3/09
NAIDOC ----- 17/09
Last day Term3 ----- 26/09

AROUND THE COUNTRY

Early Childhood Educators' Day----- 3/09
Father's Day ----- 7/09
National Superhero Week ----- 2-8/09
Child Protection Week ----- 7-13/09
R U OK? Day ----- 12/09

children, families and the wider community. It should be a statement which influences all decision-making processes and guides the educators' pedagogy, planning and practice when delivering the educational program.

Please scan the QR code below to help us ensure our new philosophy is a true reflection of our practices, values and beliefs by reading the new philosophy and answering some questions. Please complete by 26 September.



We recently celebrated Father's Day at Preschool. Children made trays with their special person which required some hammering and gluing to put it all together. This was followed by morning tea and a chance for catching up with other dads, pops, uncles and special people in our children's lives. A big thank you to everyone who came along, and we hope that everyone enjoyed their presents that were made with love.

Preschool photos will taken on Wednesday 5th November by Advancedlife Photography. All families on completing the enrolment form, consent (or not) to their child to appearing in the group photo with their classmates with their full name listed in the photo. Consent is also given to provide Advancedlife Pty Ltd , (photographers engaged by PHPS) with your child's name and date of birth for their records for future orders and filing purposes. If you wish to withdraw your consent for any of the above, please contact the preschool ASAP to let us know.

At times children become unwell at home or at preschool. 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 had vomiting or diarrhoea, they must not attend preschool until 24 hours after the last loose bowel motion or symptom.

Please remember to check that your child has spare clothes in their bags and ensure that they fit and are appropriate for the warmer (as they tend to stay at the bottom of their bag for some time without being used and when needed don't fit or are tracksuit pants on a 35° day)!

A reminder to update your child's enrolment form on the OWNA app if any of your details change, such as phone numbers or the emergency contacts of your child or any of their details. It is especially important when we need to contact a parent/carer or emergency contact when a child is ill or in an emergency.

Last day of Term 3 is Friday 26 September. The first day of Term 4 is Monday 13 October.

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

Cheers,
Narelle Elias
Director

PRESCHOOL ENROLMENTS 2026

Peak Hill Pre-School Kindergarten Inc.



ENROLMENTS FOR for 3 - 5 year old children

(must turn 3 before 31st March 2026)

Closing on 24th October 2025

Scan the QR code below to complete an enrolment form.



(Completing an enrolment form does not guarantee a place or preferred days. These will be confirmed by 07/11/25. Priority of Access by NSW DoE will be followed)

EXPRESSIONS OF INTEREST for 2 year old children.

(Will depend on available places as 3-5 year olds enrolments have priority due to DoE funding T&Cs)

Scan the QR code below to complete an enquiry form for 2 year old children.



Links to forms and enrolment information are also available at www.peakhillpreschool.net.au

For more information call 6869 1655 or email peakhillpreschool@aapt.net.au

Our Learning This Term

This term at Peak Hill Preschool 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 card games.

We have been learning more about our Acknowledgment of Country and what it means through different discussion questions after we complete our Acknowledgement each morning. It has been lovely to hear the children's interpretations of this and see their understandings develop.

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 emergency services.

We have particularly focussed on the topics of our town and its features. This has tied in nicely with the lead up to the Peak Hill Show and all of 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 also aiming to help the children develop a love of their local area and the natural world as well as a knowledge of the plants and animals local to our area.

Once again, this year we have not been able to take our planned walks to the nature reserve, as it needs some maintenance before that will be possible. We have consulted with council about the ways we would like to use the facility and are hopeful that something great is in the works to allow this to happen again in the future!

In the last few weeks the children have been enjoying some new songs and building co-ordination, strength and teamwork with our new "Stretchy Band" and we are very impressed with how quickly they are learning and the enthusiasm shown.

This term we have received some funding from the sprouts program to engage Helen Rowbotham from "Child's Play" occupational therapy to run a "fine motor bootcamp" on Thursdays for our older group of children. The children have enjoyed engaging in some structured fine motor experiences and have been able to show off their skills.

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 for us, or any questions or concerns about your children's learning, please do not hesitate to get in touch with us!

Leanne Hurst
Educational Leader

NAIDOC WEEK



CELEBRATIONS

Wednesday 17th September 12pm

@ Peak Hill Preschool

Come and join us in celebrating NAIDOC Week.

Join us for lunch and some of Auntie Kelly's famous fried scones, face painting, fun activities and watch Tyrone Robinson Ball as he teaches some traditional dance moves and culture with the Next Generation - building their Strength, Vision and Legacy

ALL WELCOME TO ATTEND

This National NAIDOC Week Activity is funded by the National Indigenous Australians Agency.



Learn to throw and play frisbee

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

How to throw a frisbee:

- Grip: Thumb on top, fingers underneath.
- Throw: Point – Cross – Step – Flick.
- Catch: Try the Alligator Snap or Crab Claws!

Activity ideas:

- Start by practicing throws together, taking turns to throw and retrieve the frisbee.
- Choose spots around your backyard and practice aiming at them.
- For an extra challenge, set up buckets and play a game of Frisbee Golf.

Source: Throw a frisbee

HEALTH & SAFETY: Bum worms ...



What Every Parent Should Know (Yes, Even You, Bandit!)

Let's talk about something a little bit itchy and a whole lot wriggly worms. Not the kind Bluey might dig up in the backyard, but the kind that can make little bottoms super itchy—especially at night. These are threadworms (also known as pinworms), and they love to sneak into preschool-aged kids' tummies... and sometimes the whole families, too.

What are the signs?

If your child has threadworms, you might notice them:

1. Scratching their bottom
2. Feeling a bit cranky or not themselves
3. Not sleeping well
4. Eating less than usual

Girls might also complain about itchiness in the vaginal area. You might even spot the little worms at night with a torch.

How do they spread?

Threadworms are tiny white worms, about 1 cm long, that live in the lower intestine. At night, the female worms sneak out to lay their eggs around the bottom area. That's when the itching starts.

Kids scratch, eggs get on their fingers, and—yep—they can swallow the eggs again. Worms are great at hide-and-seek too—they can hang around on toys, bedding, door handles, and even float around in household dust. The eggs can survive for up to two weeks outside the body (almost as persistent as a Bluey dance party).

Treatment: no feather wand needed: Thankfully, worm treatments from the chemist (like Combantrin or Vermox) are safe and easy to use. Treat *everyone* in the house at the same time—even if they're not itchy. A shower on the night of treatment, and again in the morning, helps wash away eggs.

Worms are sneaky, so you might need to repeat the treatment after 2 weeks.

Keeping worms away:

Here's how to stop those pesky worms from coming back:

5. Trim and clean fingernails
6. Wash hands thoroughly after toilet time and before eating
7. Try to stop thumb-sucking and nail-biting (we know, easier said than done!)
8. Hot wash bed linen, towels, clothes, and soft toys
9. Vacuum floors often
10. Wipe down surfaces and door handles
11. And sorry kids... that cracker that landed on the floor? Let's give it a pass

When to see your GP If your child's still itchy after treatment, or if you notice big worms, a sore tummy, vomiting, or they're feeling extra tired, it's time to visit your doctor.

Remember:

- Threadworms are common in young children (you're not alone!)
- They can be treated easily with the right medication.
- Good hygiene helps stop worms from spreading.
- And yes sometimes parenting really is full of surprises

Just one of the many adventures of life with little ones!



More information available via the QR code.

Source: The Royal Children's Hospital Melbourne. (2020) **Worms**. Retrieved from www.rch.org.au

Counting Beads

You will need: A die, pipe cleaners, pony beads

This simple activity helps children practise basic counting, one-to-one correspondence, and develop fine motor skills. Give your child one pipe cleaner and place a small bowl of beads nearby. They roll a die, count the dots, and collect the matching number of beads. The child then threads those beads onto the pipe cleaner. Play continues with each roll of the die until the pipe cleaner holds 10 beads, then they can start a new one. **Parent Tip:** Try extending the game by making colour patterns, adding two dice together, or counting backwards as beads are removed.



FOCUS ARTICLE: Pre-school-itis, easing morning worries for a happier start

It's tough when your child wakes up upset or anxious about going to preschool. Many children go through this stage, and while it's challenging in the moment, it's also very normal. With patience, consistency, and a few simple strategies, mornings can become calmer and more positive.

Why Children Worry

Young children thrive on predictability. Changes to routine, tiredness, or feelings of separation can make preschool mornings harder. Sometimes children worry about missing you, or they may feel nervous about visitors, unfamiliar teachers, or new activities.

Practical Ways to Help at Home

1. Prepare the Night Before

Lay out clothes and pack bags together so mornings feel less rushed. Talk about something to look forward to at preschool ("Tomorrow you'll get to water the plants" or "You can show your drawing to your teacher").

2. Build a Calm Morning Routine

Wake up with extra time so your child doesn't feel hurried. Use a simple visual checklist (get dressed, eat breakfast, brush teeth, pack bag) so your child knows what comes next.

3. Use Predictable Goodbyes

Create a short goodbye ritual—a hug, a kiss on the hand, or a special wave. Keep goodbyes positive and brief. Long, emotional farewells make it harder for children to settle.

4. Offer Comfort and Connection

Pack a small "comfort item" such as a family photo, a little toy, or a note in their bag. Remind them when you'll return in terms they understand ("I'll be back after story time" rather than "later").

5. Encourage Confidence

Praise small steps: "You were so brave walking to the classroom today." Focus on what your child can do ("You can show your teacher how you count beads" instead of "Don't worry, you'll be fine").

Partnering With Educators

Talk to your child's teacher about how mornings are going. Educators can greet your child at the door, hold their hand, or guide them quickly into a favourite activity. Often, children settle within minutes once they're engaged in play.

When to Seek Help

Separation anxiety is a normal stage for many preschoolers, but there are times when extra support may be needed. Consider reaching out to your child's teacher, a GP, or child health professional if:

- Your child's distress is **very intense** and doesn't ease after drop-off.
- Anxiety continues for **several weeks** without improvement.
- Your child shows **physical symptoms** (stomach aches, headaches, nausea) regularly before preschool.
- Worries about separation start affecting **sleep, eating, or play** at home.
- Your child avoids or refuses activities they normally enjoy.

Getting help early can make a big difference. Support from educators, health professionals, and family can ease your child's anxiety and build their confidence in gentle, positive ways.



More info via QR code

Triple P Articles (2025). No more tears: Parenting tips for easier drop-offs. Retrieved from triplep-parenting.net.au



SAVE MONEY, SAVE TIME, SAVE FOOD

Wasting food wastes money and also the energy, water and other resources used to produce it. Preventing food waste is one of the most important things we can do for the environment. In fact, more than a third of all household waste is food—but the good news is that families can reduce this by up to 60% with a few easy steps.

Start by **knowing your waste**—notice what's being thrown away. **Plan your meals** for the week and **shop with a list** to avoid buying extra. **Store food correctly** so it lasts longer, and don't forget to **love your leftovers** by turning them into new meals. Making small changes like these saves money, reduces waste, and helps children learn how to care for our planet.

Involving preschoolers in simple tasks—like helping write the shopping list or putting food away—can also make healthy eating fun and encourage them to try new foods.

Together, we can make a big difference, one meal at a time.

Source: *Love Food Hate Waste*



Plan your meals

STEP 2

Planning your meals will help you:

- save money when shopping
- avoid mealtime stress
- enjoy fun and healthy eating

Smart start

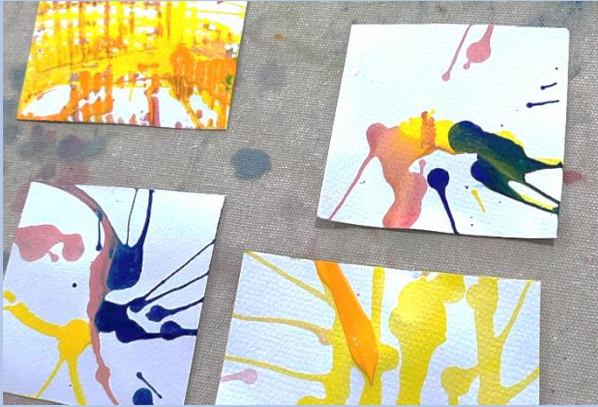
- 1 Check what ingredients you have at home that need to be used up.
- 2 Start by planning three dinners a week.
- 3 Plan together and make it fun.
- 4 Use your leftovers to enjoy a 'free' meal.

Smart actions

- ✓ Use a meal planner to remind yourself to plan meals.
- ✓ Take turns to have a family favourite day.
- ✓ 'Cook once, eat twice' is a great solution for time-poor families.
- ✓ Incorporate leftovers into your meal plan to avoid food waste.

Well done! Your weekly meal plan will help you eat well and reduce mealtime stress. Now you are ready for Step 3: Shop with a list.

NSW EPA Brought to you by the NSW Environment Protection Authority. lovefoodhatewaste.nsw.gov.au



SPIN ART

You will need:

An old salad spinner
Poster paints
Water colour paper
Small tubs/spoons or squeeze bottles

Set up:

Water down the paint slightly so it's easier to spin and spread. Place each colour in its own tub or bottle. Cut the watercolour paper into squares small enough to fit inside your salad spinner.

Top tip: Choose colours that mix well together—for example, cool colours (blues, greens, purples) or warm colours (reds, oranges, yellows).

How to create:

1. Place a square of paper in the bottom of the spinner.
2. Let your child drop spoonfuls of paint or squeeze a few colours onto the paper.
3. Pop the lid on and let them spin
4. Open the spinner to reveal their amazing artwork.

Learning Benefits

- Encourages creativity and self-expression
- Develops hand-eye coordination and fine motor skills
- Teaches colour mixing and cause-and-effect
- Builds a sense of pride in creating something unique

Questions to Extend Learning

"What do you think will happen if we add more colours?"
"Which colours do you think will mix together?"
"What shapes or patterns can you see in your artwork?"
"How does the paint move when we spin it fast? What about when we spin it slowly?"
"If you could give your artwork a name, what would it be?"
"What colours would you like to try next time?"

Have fun!

BAKED MEATBALLS WITH SIMPLE TOMATO SAUCE

PREP 10 min | COOK 35 min | SERVES 4



INGREDIENTS

500 grams beef mince
1 cup fresh breadcrumbs
2 spring onions, thinly sliced
1 tablespoon dried basil
1 garlic clove, minced
zest of a lemon
1 egg

700 ml passata
400 gram tin diced tomatoes
1 tablespoon balsamic vinegar
1 tablespoon sugar
500 grams short pasta, fusilli, penne or rigatoni
grated parmesan cheese, to serve

METHOD:

Preheat oven to 180 degrees. Place the mince, breadcrumbs, spring onion, dried basil, garlic, lemon zest and egg in a large bowl and mix to combine. Take heaped tablespoon amounts of the mince and with wet clean hands shape into balls. Set aside.

Pour the passata, diced tomatoes, balsamic vinegar and sugar into a large oven proof casserole dish and mix to combine. Add meatballs, cover and bake for 15 minutes. Uncover and bake for a further 20 minutes or until the meatballs are cooked through. Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Drain and set aside. Add the pasta to the cooked meatballs and mix to combine. Serve with a little grated parmesan cheese.

Enjoy x