



PEAK HILL PRESCHOOL KINDERGARTEN INC.

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Hi families and friends of PHPS.

Wow what a busy term this has been! From the beginning of the term, we started with our show preparations – 4 weeks of planning, creating and making. Then came the big Show day with our display done, entries delivered and our preschool stand set up with playdough, fishing fun and cookbook sales. During show week we also had our Book Week Dress-up with lots of fantastic costumes of our favourite book characters.

The next week we celebrated NAIDOC with some fun activities such as painting Aboriginal themed cookies, making Aboriginal flags with crepe paper, and face painting. We also enjoyed a sausage sizzle, some NAIDOC patty cakes and Auntie Kel's delicious fried scones and curried chicken. Miss Mia and myself were also present at the community NAIDOC celebrations held at Memorial Park on Saturday 5 September with a preschool stand with some salt dough ornaments with Aboriginal designs to paint. It was a great day. Well done to the organisers and everyone who celebrated on the day!

We then had our Father's Day morning tea on Monday and Wednesday where dads and other special people in our children's lives came together with their child to use their handy work skills in making and painting a letter holder. They got to spend some time with their child to explore the outdoor area, have a yarn with other dads and special people, and enjoy a delicious morning tea. Thank you to everyone that was able to come along on the day.

On the 12 September Miss Leanne, Miss Ash and myself travelled to Sydney for the Excellence in Early Childhood Education Awards where we were nominated in 2 categories, Regional/Rural/Remote services Excellence Award (39 places or less) and Excellence in Educational Program and Practice, from over 850 nominations across the state. These are the biggest awards of their kind in NSW and in Australia. Although we didn't bring home an award, we are very proud to have been finalists, and it was a great experience to be at an awards ceremony with over 700 people in attendance on the night.

Re-enrolments are now open for 2027 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 2027. Please also complete even if your child is going to school in 2027 as there is an option of *Not requiring care*. (Please put finish date as 15 December if your child is not returning.) Enrolments are also open to the wider community and close on 25 September. If you know anyone with children aged 3 – 5 years that are not already at preschool, please encourage them to enrol their child soon or to contact the preschool.

Preschool photos will be taken next term on Wednesday 4th November (Week 4) by Advancedlife Photography.

The link for ordering photos can be found in this newsletter. Envelopes will be sent home early next term.

Please remember to check that your child has spare clothes in their bags and ensure that they fit and are appropriate for the warmer weather (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.

A reminder that this year Peak Hill Preschool is using the NSW Government Fee Relief funding through the 2026 Start Strong for Community Preschools program to cover the full cost of fees for each child to attend preschool for 2026 for up to 600 hours per year (15 hours per week) for families who opted to receive the subsidy at Peak Hill Preschool. The program also covers the cost of morning tea each day, ambulance cover for the children while at preschool, excursions or any visiting incursions to the preschool.

As Term 4 approaches we encourage families, especially those with children going to school next year, to help their child develop their self-help skills and independence. At preschool we encourage the children to wash their hands, apply sunscreen, and to open their lunchboxes and food items independently or with minimal help. Families can

ON *this* MONTH

@PEAK HILL PRESCHOOL

NAIDOC celebrations ----- 03/09
Father's Day morning tea ----- 7 & 9 /09
60th Anniversary Disco -----25/09
Last day Term 3-----25/09
First day Term 4 -----12/10

Early Childhood Educators' Day -----2
Father's Day -----6
National Child Protection Week -----6 -12

also support this by letting their child carry their schoolbag themselves in the morning and afternoon, and letting them take out their own lunchbox and drink bottles and putting them where they need to go. We encourage these skills in readiness for 'big' school where they will need to do this for themselves.

Absence from preschool

Although preschool is not compulsory, regular attendance helps children build confidence, develop friendships, and strengthen important learning skills. Consistent attendance also helps children and families establish routines and develop the habits needed for a smooth transition to primary school, where attendance is compulsory. Please let us know if your child will be absent via the OWNA app or SMS to assist with our planning and our record keeping.

The last day of Term 3 is Friday 25 September. The first day of Term 4 is Monday 12 October.

We wish everyone a safe and happy break over the next 2 weeks.

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 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.

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



Floor is lava

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

Place cushions, towels or pieces of cardboard on the floor to create stepping stones. The challenge is to move across the room without touching the floor!

Try jumping, balancing, taking giant steps or moving backwards. It's a fun way to build balance, coordination and problem-solving while getting everyone moving.

Keep the course low and make sure the area is clear and safe.

PEAK HILL PRESCHOOL KINDERGARTEN INC

A community based not-for-profit organisation serving the community since 1966



Now taking Enrolments for 2027 for 3 – 5 year olds

Peak Hill Preschool provides high quality early childhood education and care for children aged 3 - 5 years. Positive & stimulating experiences are provided fostering all aspects of early childhood development, catering for individual interests, strengths and needs. Experienced & qualified teachers and educators.



CALL US: 6869 1655 or 0426 986 376



EMAIL: peakhillpreschool@aapt.net.au



WEBSITE: www.peakhillpreschool.net.au

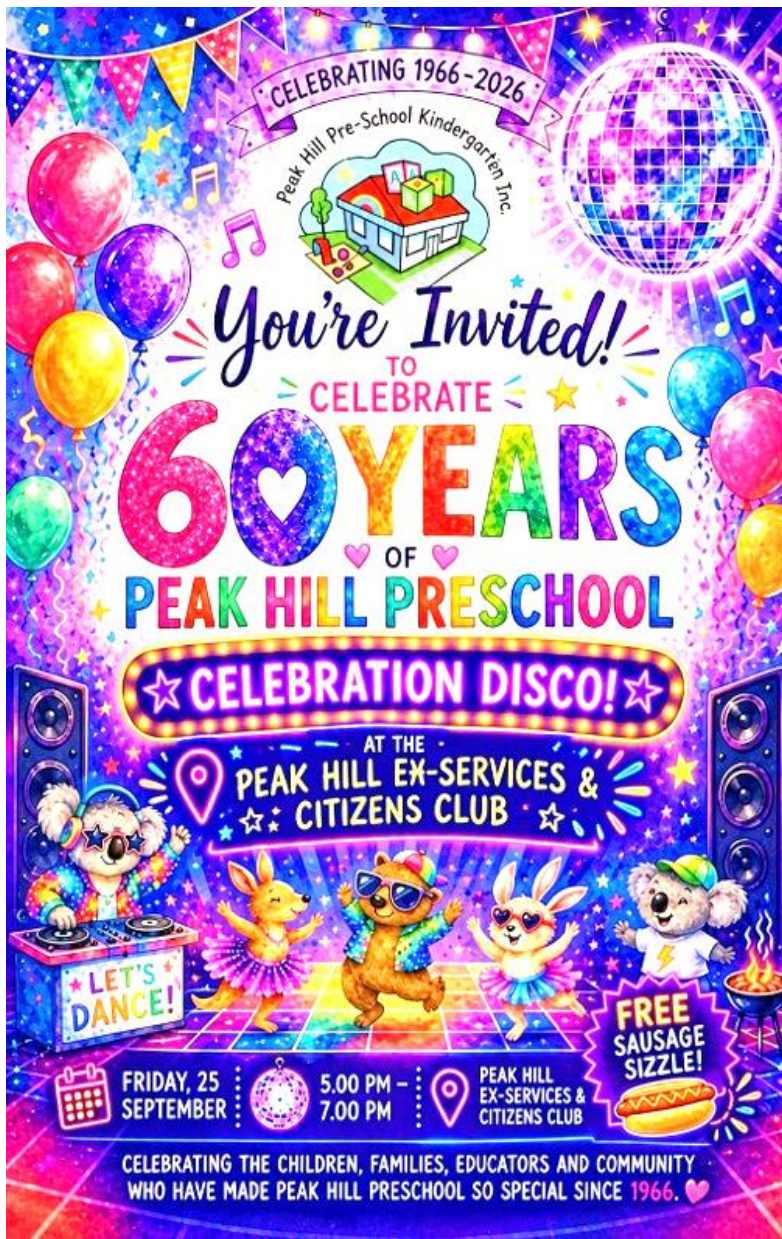


LOCATION: 95-99 Euchie St, Peak Hill NSW 2869

SCAN TO ENROL



OR VISIT OUR WEBSITE
www.peakhillpreschool.net.au



Preschool photos will be taken by **Advancedlife** photography at the preschool on **Wednesday 4 November**. More details to come next term. Photo packages are now available to order online – details below.

Book reviews

Books that make you pause and enjoy what is all around you a little bit more.



Now I See Winter |
Mac Barnett &
Jon Klassen

Sparse and rhythmic text invites readers to explore a farm setting through winter. In winter, the tree is bare, snow falls from the sky, a sweet treat is a candy cane and the perfect hat is one that keeps you warm. *Now I See Winter* celebrates all the wonderful things about the season from a kid's point of view and why it's their favourite time of year. Spring, summer and autumn also available.



The Colours of Home |
Sally Soweol Han

Shortlisted for the 2026 CBCA Book of the Year Award for Early Childhood. When Bomi moves to a new country everything seems different except for the silver moon. Making a faraway place feel like home isn't easy, but as she explores Bomi finds comfort in matching new with old. Soon she discovers the colours of home everywhere she looks.



Once I Was a Giant |
Zeno Sworder

Trees make all of our lives possible but they are often absent from stories because we tend to only care and feel for characters that are like us. This story aims to bring trees alive for young people. The story covers the entire span of an individual tree's life and the intimate relationships it shares with the forest and the creatures that it nourishes and houses.

order your school photos now

to order visit: www.advancedlife.com.au

enter code: **YE4 N4W CXM**



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school photography & print specialists

HEALTH & SAFETY: Dental Health for the Whole Family

Caring for teeth and gums is an important part of every family's health and wellbeing. Healthy dental habits begin early, and the routines children learn at home can support them for life.

Baby teeth may be small, but they play a big role. They help children eat, speak clearly, smile with confidence and hold space for adult teeth to come through later. Tooth decay can cause pain, affect sleep and eating, and may lead to time away from care, preschool or school.

Good oral health is a whole-family routine. Children learn by watching the adults around them, so brushing together, choosing water, limiting sugary snacks and drinks, and making dental visits a normal part of family life can all help children feel confident about caring for their teeth.

Parents should help and supervise their child's brushing until they are about 8 years old. Before this age, children generally lack the fine motor skills and wrist coordination needed to clean all the surfaces of their teeth and gums effectively.

As a general guide, families can support dental health by:

- Helping children brush twice a day, especially before bed
- Use age-appropriate fluoride toothpaste
- Encouraging children to spit out toothpaste, not swallow
- Offer water as the main drink throughout the day
- Limiting sugary foods, juices, cordial, soft drinks and sticky snacks
- Packing tooth-friendly lunchbox foods such as cheese, yoghurt, vegetables and whole fruit
- Replacing toothbrushes regularly, especially after illness or when bristles become worn
- Booking regular dental check-ups for children and adults

Frequent snacking can affect teeth, even when foods seem healthy. Teeth need breaks between meals and snacks so saliva can help protect the mouth and repair early acid damage. Water after meals and snacks is a simple way to help rinse the mouth and support healthy teeth.

Dental visits can also be easier when they are introduced early and spoken about positively. A check-up can be a chance for children to count their teeth, ask questions and become familiar with the dentist before problems arise.

Families may also be able to access support with dental costs. The Child Dental Benefits Schedule helps eligible children access basic dental services. For children who do not qualify, free or heavily subsidised care may be available through state or territory public health clinics, though eligibility rules vary across Australia. If public care is not an option, some private clinics offer interest-free payment plans, while university dental schools and community health hubs may provide lower-cost treatment.

This Dental Health Week, families are encouraged to think about their own dental routines. Are toothbrushes ready to be replaced? Is everyone brushing before bed? Has it been a while since the family visited the dentist? Small daily habits can make a big difference. By working together, families can help children build confidence, prevent tooth decay and develop healthy smiles that last well beyond childhood.



For additional dental resources follow the QR code.

See link via QR code
For more information go to teeth.org.au



RHYME TIME BASKET

Collect a few familiar household items or toys and place them in a basket, such as a sock, cup, car, spoon or bear. Choose one item at a time and help your child think of words that sound the same or similar. For example, "sock" might rhyme with "rock," "block" or "clock." The words can be real or silly — the goal is to help children listen to sounds in words and have fun with language. Rhyming helps children develop early phonological awareness, which is an important skill for learning to read.



FOCUS ARTICLE: Building Confidence Through Everyday Independence



Young children build confidence when they are given small, meaningful opportunities to do things for themselves. Everyday moments such as putting on shoes, packing a bag, helping set the table, choosing clothes or carrying their own belongings can all support a child's growing sense of independence.

While it can sometimes feel quicker for adults to step in and do things for children, allowing extra time for them to try helps build important life skills. These small tasks support problem-solving, persistence, fine motor development and self-confidence. They also help children feel like capable and valued members of their family.

Independence does not mean children need to manage everything on their own. Young children still need support, encouragement and patient guidance. A helpful approach is to offer small choices and gentle prompts, such as, "Would you like to put your shoes on first or pack your drink bottle first?" or "You have a go, and I'll help if you need me."

There may be moments of frustration, especially when a task feels tricky or takes longer than expected. These moments are a normal part of learning. When adults stay calm and encouraging, children begin to understand that mistakes are okay and that trying again is part of building new skills. Celebrating effort rather than perfection helps children feel proud of what they are learning.

Families can encourage independence by starting with simple, age-appropriate responsibilities. This might include placing dirty clothes in the basket, putting toys away, helping water plants, choosing a book for bedtime, wiping a small spill or carrying their own lunchbox. Over time, these small routines help children develop confidence, responsibility and resilience.

It can also be helpful to build independence into predictable daily routines. For example, children may be encouraged to put their hat in their bag each morning, wash their hands before meals or help pack away after play. Repeated opportunities allow children to practise the same skills until they become more confident and capable. Independence can also support a child's emotional development. When children are trusted with small responsibilities, they often feel a greater sense of pride and ownership. This can encourage them to take initiative, solve simple problems and contribute positively to family routines. Even small comments such as "You worked that out" or "Thank you for helping" can reinforce a child's confidence and motivation.

Importantly, every child develops at their own pace. Some children may be eager to try new tasks, while others may need reassurance, modelling and extra time. Gentle encouragement, patience and consistency can make a big difference.

When children are supported to do things for themselves, they begin to believe, "I can try," "I can help," and "I can do hard things." These powerful messages support their learning, wellbeing and sense of belonging as they grow.



For more additional support regarding this topic follow the QR code.

A Greener Spring Clean

Spring is the perfect time to open the windows, clear out the cupboards and give your home a fresh start. But before filling the bin with unwanted items or stocking up on new cleaning products, there are plenty of simple ways to make your spring clean a little more sustainable.

- Start by using what you already have. Old towels and worn-out clothes can become cleaning cloths, while containers and baskets you already own can be reused for storage and organisation.
- When decluttering, think twice before throwing things away. Clothes, toys, books and household items that are still in good condition could be donated, sold, swapped with another family or

passed on to someone who can use them.

- You can also reduce waste by choosing reusable cleaning cloths, washable mop pads and refillable products instead of disposable alternatives. Before buying a different cleaning product for every surface, check whether one multipurpose product can do several jobs.
- Get children involved too! They can sort toys they've outgrown, sort items for recycling or help wiping down surfaces.
- A sustainable spring clean isn't about doing everything perfectly. It's about pausing before we throw something away, using what we have and making small choices that create less waste.



Big Art, No Rules

Sometimes the best art experiences are the simplest. Instead of reaching for a small sheet of paper, flatten out a large cardboard box and turn it into a giant canvas.

Add some paint, brushes, rollers, sponges or even use hands and fingers, then let children explore. There is no picture to copy, no "right" way to paint and no finished product they need to create.

A large painting space gives preschoolers the freedom to use their whole bodies as they create. They can stretch, reach, move around the cardboard, make long sweeping lines, giant circles, tiny marks and experiment with mixing colours. This kind of large-scale painting can support creativity, coordination, spatial awareness and confidence.

It also encourages children to make their own decisions. Which colour will they use next? What happens when two colours mix? How can they fill a large empty space?

For an extra challenge, try painting with unusual tools such as toy cars, leaves, sticks, kitchen sponges or cardboard tubes.

Place the cardboard outside or on an easy-to-clean surface, add a few materials and step back to let the artwork unfold.

The goal isn't to create something perfect. It's to experiment, move, explore and enjoy the process of creating something completely their own.

ONE BOWL CORN AND ZUCCHINI FRITTERS

TOTAL TIME 30 min | MAKES 25 fritters



INGREDIENTS

- 1 1/2 cups (180 grams) plain wholemeal flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon bicarb soda
- pinch of salt and pepper
- 2 eggs
- 1 cup (250 ml) milk
- 1/2 cup (60 grams) tasty cheese, grated
- 1/2 cup (75 grams) parmesan cheese, grated
- 1/2 cup chopped fresh herbs (we used dill, mint and basil)
- 3 cups (375 grams) corn kernels
- 1 cup (150 grams) grated zucchini (approx. 2 zucchinis)

METHOD:

Place the flour, baking powder, bicarb soda, salt and pepper into a large bowl and whisk to combine creating a well in the centre. Add the eggs and milk and whisk to create a smooth batter. Add the tasty cheese, parmesan, herbs, corn and zucchini and whisk to combine.

Heat a large fry pan over low-medium heat and add a drizzle of olive oil to grease. Ladle 1/4 cup measurements of the batter onto the fry pan.

Cook for 2-3 minutes or until bubbles begin to appear on the surface of the fritter and the edges begin to set. Carefully flip the fritters and cook for another 2-3 minutes. Or until the fritters are golden and bounce back to touch.

Place the cooked fritters onto a plate lined with kitchen paper and continue frying until no batter remains. Serve the fritters warm or cold. Freezer friendly.

Recipe and image from mylovelylittlelunchbox.com.