



St. Dunstan's Preschool

Newsletter June, 2019.

Dear Parents and Caregivers,

The time is going so fast; we are already approaching the end of term 2. It has been lovely to see parents coming in to help in the kitchen and at working bees. We are blessed to be part of a community which supports each other.

Dates to remember

Family Meetings

Over the next few weeks we are conducting family meetings. The meetings are aimed at reviewing the progress of your child and together planning goals for the remainder of this year. If you would like a meeting and haven't responded so far, please speak with your child's teacher.

Preschool Photos

Our local photographer, Ree Sorbello will be taking photos the **week starting 24 June**

Pyjama Days:

Wed 3 July and Fri 5 July

Children and staff are encouraged to wear their PJ's for the cost of a gold coin (or more). The money collected will be donated to The Centre for Emotional Health at

Macquarie University. The Centre is a not-for-profit, self-funded organisation that seeks to improve the quality of life for individuals, families and communities who have suffered with anxiety disorders and other emotional health issues. We would love to raise \$500 which will provide a course for an underprivileged family. We will be making pizzas, watching a G rated movie and eating popcorn with the children.

Steps Eye Testing

Wed 7 and Thurs 8 Aug

This takes place at preschool. Permission notes will be going out early term 3.

Tracky Dack days

Wed 28 and Fri 30 August

On the last week in August, Australians 'dack up and donate' by wearing tracksuit pants ('trackies') and fundraising for sick kids. This is an act of solidarity with hospitalised children, who are encouraged to change into trackies to lift their mood and create a more normal day-to-day routine.

Tracky Dack Day was started by TLC for Kids and is a fun and easy

way to help sick children and their families when they need it most. TLC for Kids is a children's charity providing relief and comfort in times of crisis.

The easiest way to fundraise is the classic casual clothes day, where participants wear their tracky pants to work, kindy, uni or school and make a gold coin donation.

Long Service Leave for Julie

I will be taking some long service leave during the 2 weeks starting June 10 to welcome my new Grandson.

**Updated information regarding preschool events is always on our website
stdpk.org.au**

A reminder about our program changes for next term:

To assist our children with the transition to school process, we are introducing the following changes and recommendations for **next term:**

- Please bring an individual morning tea (and afternoon tea for the 2 day group) for your child. Your child's morning/afternoon tea should be a healthy snack such as fruit, cheese and crackers or vegetable fingers etc. The morning tea should be kept in your child's bag which they can collect at snack time (just like at school). We will still provide

milk for morning tea, remember that each child should bring their own drink bottle for water.

- There will only be "rest time" for the children who require it. All the other children will have quiet activities during that time. If you think your child will need a rest please send their sheets/blankets with them.
- The children will have an opportunity to mix with children from the other class. This happens between morning tea and group time. The children call this "inside out" time as we open all the doors on the verandah and the children can choose "in or out".

Friendly reminders

- When your child has their 4 year old immunisation please bring in a copy of their updated IMMUNISATION HISTORY STATEMENT for our records.
- Please do not hold the gates open for long periods of time as it can be an opportunity for children to leave the preschool unaccompanied.
- Please show caution and safety in the carpark. Hold your child's hand at all times.

Parenting Courses

Julie is organising a series of parenting workshops which will be held at the preschool. The program will be held nightly at the preschool over a series of about 4 weeks. The program is in partnership with Christian Community Aid and is called "Tuning into Kids" more information can be found on the following website.

<http://www.tuningintokids.org.au/>

If you are interested please let Julie know as numbers could be limited. Thank you.

Policies

We are continuously reviewing policies at the preschool. Part of the process is to receive parent feedback regarding policies. If you are available to help us with this process by having policies emailed to you for comments, please see Julie.

New Gastro Guide and food handling practices

There have been some recent changes from the following Government information. If you would like to know more about these changes please ask a staff member.

48 hour exclusion period for vomiting and diarrhoea.

NSW Health has made new recommendations to restrict the spread of gastroenteritis. This is highly infectious and outbreaks are very common and can be difficult

to control. Anyone with vomiting and/or diarrhoea should be isolated as soon as their symptoms appear, and sent home to recover. Sick children and staff are to be excluded from attending the preschool for **at least 48 hours** after their symptoms have ceased.

Food Preparation and service

All staff, children and parent helpers are to wash hands thoroughly with soap before and after preparing or serving food. There is no need to wear gloves when preparing food if your hands are clean and dry. Gloves are not a substitute for clean hands.

Professional development

Last month I attended a professional development workshop on 'How Children's Brains Grow and Develop'. Throughout this workshop I learnt about different parts of the brain, their main function and the difference between a child and adult's brain development. We also discussed how trauma impacts on the brain and a child's behaviour, how educators' practice assists in building children's brains and how play can assist children's brain growth and development. I have attached a copy of 'Brain development - How you can help' which I thought you would find an interesting read.

If you would like any extra information on what I learnt from my course just ask

☺ Michelle

Be You

As educators we are constantly retraining and learning to ensure we provide the best curriculum and care for every child and family within our service.

Our new learning project we have commenced is in relation to 'Be You' a government initiative aimed at promoting and protecting positive mental health in children and young people.

Be You's vision "Is for an education system in which every learning community is positive, inclusive and resilient, and where every child, young person, staff member, and family can achieve their best possible mental health".

"Be You along with Beyond Blue empowers educators by supporting them to develop their mental health skills and knowledge, while also providing guidance on how to implement a whole-learning community approach"

As a preschool we have signed up to this initiative and we will be working through the 5 modules together covering:

* **Family Partnerships** (Partner with families through purposeful and positive relationships and Assist families to support and promote mental health and wellbeing)

* **Early Support** (Notice the early signs of mental health issues, Inquire sensitively about the child or young person's circumstances and Provide support within and beyond the early childhood service or school)

* **Responding together** (Recognise the potential impact of critical incidents and Respond collaboratively to critical incidents)

* **Learning Resilience** (Affirm the importance of social and emotional learning and resilience, Embed evidence-based social and emotional learning strategies and Empower children and young people to look after their mental health and wellbeing).

* **Mentally Healthy Communities** (Understand mental health and wellbeing in learning communities, Connect through strong relationships and Include by embracing diversity within the community).

We will keep you updated on our journey through up-coming newsletters. If you would like more information please visit the website <https://beyou.edu.au/> or see Michelle

Daily Program

The daily program for both the indoor and outdoor experiences are on display near the kitchen bench and on the verandah. On the verandah is also a learning web on a whiteboard which is available for you to track the children's interests and ideas. We have provided opportunities for feedback from parents, so feel free to add your comments.

There is also a suggestion box on the kitchen bench. Please write down any suggestions which you may have for the preschool. The suggestions will be discussed at the following staff meeting with feedback given to the parent.

Parent library

Our parent library is on the verandah every day. We have a comprehensive range of books and preschool information for parents. Please feel free to borrow a book. Simply write your name, date and title of the book in the lending book on the shelf. The borrowing period is 3 weeks.

Working Bees

Information about these dates has already been placed in your child's note pocket.

This year all working bees' start at 9am and most run for approx. 2 hours.

We are still looking for helpers on Saturday 10 August and 26 October.

Families are very welcome to participate in 2 working bees and receive an extra \$50 reduction in fees due to their extra volunteer contribution.

Allergies

As a reminder:

We have a number of children attending this preschool who suffer extreme allergic reactions to seafood, nuts, dairy and eggs, often resulting in ANAPHYLAXIS. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening.

We recognise that complete avoidance of nuts and eggs at the preschool, while desirable, may be impractical. Therefore the following health and hygiene practices will be encouraged.

- If your child has a nut or egg product for breakfast, please ensure that they have washed their mouth, hands, face and brushed their teeth.
- Please make sure that younger siblings do not put our play equipment in their mouth.
- If your child has a peanut butter or egg sandwich or a product containing these products please inform a staff member so necessary safety precautions can be followed.
- Remind your child not to share food or drink bottles with others.

EVEN A SMALL EXPOSURE TO THE FRUIT, EGG AND NUTS COULD RESULT IN A LIFE THREATENING SITUATION, and we thank you for your support in following these recommendations.

Family photos

We still have children who have no family photos in their book. Could you please bring some in and hand them to a staff member. Thank you.

All the friendly staff are here to help you, so please feel free to approach any of us if you have any questions.

Julie, Stacey, Michelle, Maxine, Esther, Terrie, Sephine, Simone, Young and Ben.

