

Mt Colah Preschool Kindergarten



a caring place to learn and grow



Transition to School

Parent Evening

Wednesday August 9th at 6.45pm



Preschool families are invited to a parent evening to discuss transition to school. Our presentation will

start at 7pm and we encourage you to arrive by 6.45pm to meet other families and enjoy some light refreshments. During the evening we will be discussing early childhood development, readiness for school, choosing the right school and tips for a smooth start. Please pop this date in your diary— we hope to see you there!

Developmental Portfolios



We hope you have enjoyed looking through your child's Developmental Portfolio and have also found it to be an informative insight into your child's development and how they are

progressing. If you have any questions in relation to your child's development please see your child's Educator. You are also able to request a meeting time with your Educator should you wish to discuss your child's development at length. ***Please return your child's Portfolio to your child's Educator prior to August 7th as we need them back to continue recording observations of your child for the remainder of the year.*** You will be able to keep your child's Developmental Portfolio at the end of the year.



August 2017

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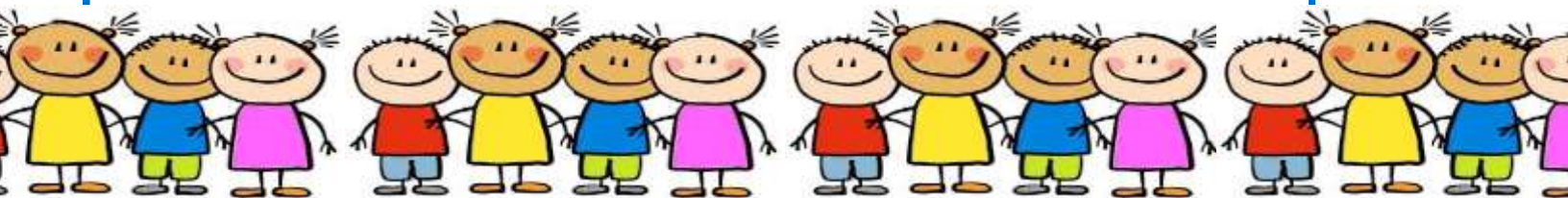


Our Preschool Programme Past Month in Review

Sweetpeas: July started off with a bang and we all enjoyed fun, relaxed, crazy days during the school holidays, with activities, like PJ Day, Fancy Dress and, of course, Crazy Hair Day, Thanks to the Mount Colah Preschool hairdressers, who did a wonderful job creating some very unusual fun hairstyles. There was so much opportunity for the children to express themselves, dressing up and being creative with tie-dying, learning Italian and showing off all their wonderful talents. Towards the end of last term we talked about the very important topic of road safety. The children were engaged and interested and had so much information to add and share during our discussions. Levi said "I have a strap on the pram to hold onto and I have a board to stand on when Mum pushes the pram." They enjoyed role play using a model traffic light, pedestrian crossing and lollypop crossing pole. The children demonstrated an understanding of the importance of being aware and being responsible for their safety by remembering road rules to keep safe. It was great being able to share with families, by way of portfolios, all the experiences and activities the Sweetpeas were involved in over the last 6 months. I look forward to the next 6 months, learning and growing together.

Bluebells: We are now into Term 3 and we have a busy few weeks ahead! The Reptile Show is coming up this month which is a hands on, very fun show that everyone loves! In July, we celebrated NAIDOC Week. During this week, we celebrated the history, culture and achievements of Aboriginal and Torres Strait Islander people. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life and the preschool children embraced this subject. This year the theme was Our Languages Matter and we spent some time listening to the many differing indigenous languages spoken around Australia – we even learned how to say some words too! One particular interest for the Bluebells was the fantastic Dreamtime stories. The Dreamtime is the Aboriginal understanding of the world, of it's creation, and it's great stories have been published in many books. We have lots of these books at preschool and the children enjoyed sharing these as a group, with a teacher or even with their parent. If you have the time, you are welcome to share one of these stories with your child on drop off. We discovered lots of the Dreamtime stories on you tube and the children loved watching these come to life on the big screen! We all enjoyed learning about Aboriginal culture so much, this interest is being extended over the coming weeks.

Schoolies: The teachers have noticed how well some of our friends at preschool have been waiting on the orange road safety mat to hold their parent's hands before walking out into the car park. During road safety week, the children were bursting with ideas on ways in which they can stay safe when crossing a road, sitting in a car or riding their bikes on the footpath. During group time, the children acted out scenarios with the teachers, Lara got them sitting on chairs pretending they were in a car and Steph got them to act out crossing a road with a bike. The children demonstrated good knowledge on traffic lights and signs, we extended this by making traffic lights for craft and then setting up traffic signs outside for the children to engage with whilst using the go wheels pretending they were driving. Joss said, "I knew today was going to be a great day I love this game ". We will be continuing to use the road safety mat so parents if you could encourage this and remind your children to stand on the mat and hold your hand before opening the gate that would be fantastic!



Please remember Please remember to send your child to Preschool with a hat. We are experiencing some quite warm and sunny winter days so wearing a hat is important and we keep running out of spare Preschool hats... thank you!



Scholastic Book Club

Issue 5 is now out and all orders are to be placed by August 8th.

This issue has some fantastic books at great prices such as Tiddler by Julia Donaldson for \$2 and The Magic Hat by Mem Fox, also for \$2!

The preschool receives 20% of your order back in rewards so we can purchase new books and resources for the children to use.



Thanks for your continuing support of the book club!



Adelaide was on holiday last week. When she came in on Tuesday, Deon told her she had missed her last week. Adelaide replied "*You know, I told my mum preschool would miss me, I told my mum if I don't go to preschool, Deon and everyone will miss me*"

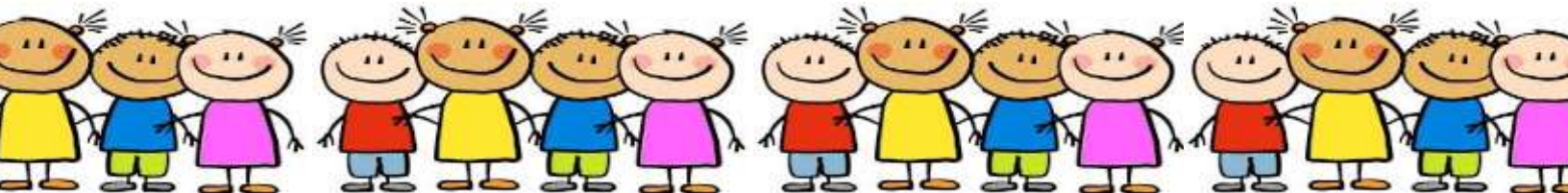
Adelaide then went on to say "*And I was right, wasn't I? I knew you would miss me, I just knew it*". She walked away shaking her head with the biggest smile on her face!

August Birthdays'

A big Happy Birthday to all of our children and teachers having a birthday this month.

Ashton 4 yrs

Oscar 4 yrs





Woolworths Earn and Learn

Hello families who shop at Woolies ... The Woolworths Earn and Learn promotion is on again. We encourage you to bring your Earn and Learn stickers to Preschool. If you are a keen Woolies shopper then obtain the sticker sheet and pop whole sticker sheets into the collection bin near the sign in table. Or, alternatively just place your stickers in the bin. Based on the number of stickers we collect we are then able to use them to purchase resources for the Preschool. *Thank you for your support.*



Charlotte T was extremely excited on our PJ Day. She walked upstairs ready to watch a movie and eat popcorn and informed Zoe *"This is incredible"*.

FREE CHILDREN'S BOOK WEEK PERFORMANCE AT HORNSBY LIBRARY

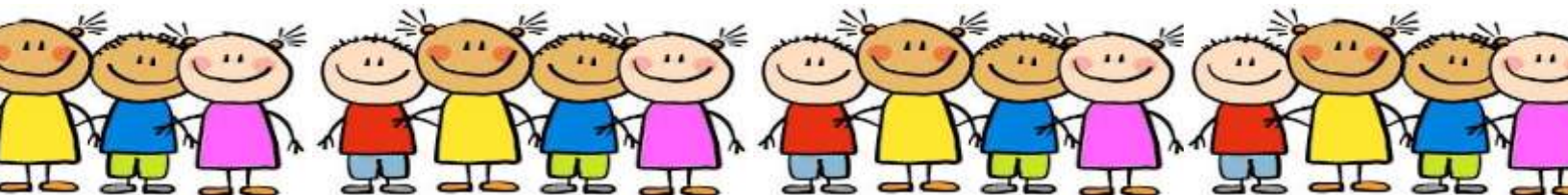
Thursday, August 24th at 5.30pm

Hornsby Central Library

Celebrate Book Week with the fun and engaging musical Super Duper. Super Duper is an educational musical exploring themes of striving to be your best and appreciating every person's potential. The children are encouraged to be involved in the story as decisions made by the audience during the show will help determine the outcome. Children 7 and under must be accompanied by an adult. More information is available at the Parent Information table.



At Preschool we recently cleared out the resources in the outdoor play equipment shed and offered the items no longer used to Preschool families. When Lily's Mum arrived Lily told her *"There's free junk"*.



Healthy Habits

Our Healthy Habits initiative is to support our Quality Improvement Plan item - focussing on family and child health. During August we will focus on the importance of physical activity.

Did you know....

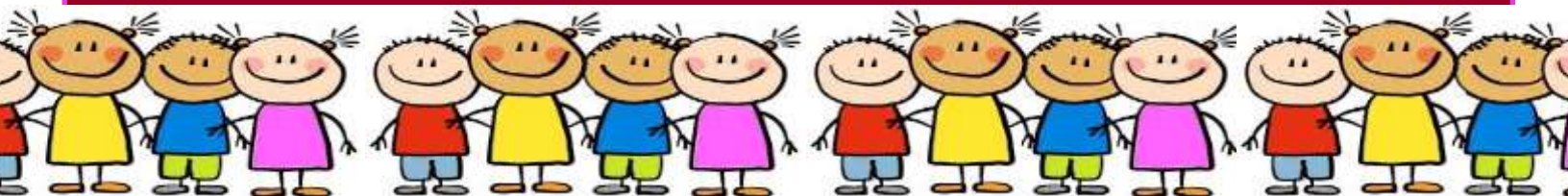
- Toddlers and preschoolers aged 1—5 years should be having at least 3 hours of physical activity per day. This doesn't have to be all at once, it can add up throughout the day.
- There is a very strong link between physical activity and brain development
- Physical activity builds strong bones and muscles, helps with coordination and balance and encourages a healthy weight for your child
- For children under the age of 5, structured activities such as water recreation, dance and group games are recommended in place of competitive sports
- There are many ways for children to be physical active in all types of weather... play hide and seek, games with soft balls or build a pillow fort or cubby house
- Fundamental movement skills (FMS) such as throwing, catching, hopping and leaping are not part of a child's natural development. These skills need to be taught from a young age.
- Active children are more likely to grow into active adults.

Even though the weather is cold make time to get outside with the family—going for simple walks or maybe a bush walk, trips to the park, playing in the back yard—the list goes on. Do your children see you taking time for physical activity?



Parent Education Programme

A 1-2-3 Magic Workshop which will discuss building emotional intelligence and managing behaviour in children will be held at St Patrick's Catholic School, Asquith on August 24, August 31 and September 7 (2 hours each session). The programme supports parents with effective strategies to help their children self-regulate and manage their emotions and behaviour. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict and feel positive about the world around them. RSVP by August 3. More information can be found on the Parent Information Table at Preschool.



Fun with Phonics

Our trip to Letterland found a new friend in Peter Puppy

A few weeks ago Zoe and Steph introduced the Children to **Peter Puppy**, another one of Letterland's lovely and rather loud animals. Everyone was really excited to begin learning about **Peter Puppy** and his special sound. Most of the children are able to make a 'p' sound with ease which is great. For those who took a little longer to grasp the sound we continued to practice saying it and identifying 'p' words which really helped. For **Peter Puppy** we made pirate hooks that the children LOVED, the Schoolies wore them all afternoon and proudly showed them to their parents or grandparents when picked up. We also made our

very own **Peter Puppy** world with all things starting with 'p'. The children brainstormed 'p' words before we started and proceeded to draw planets, princesses, princes, plants, people and puppies. To incorporate our road safety interest for the week we made a pedestrian crossing together and discussed the use of them on the roads. During the holidays we revised the Letterland characters we had already learnt about. Zoe and Steph were very impressed as the Schoolies identified the characters we had met thus far and most of the children made the correct sound for each character.



July Holiday Programme in Review



*What a fun July Holiday Programme we had!
The children were able to engage in a variety of
activities due to our wonderful themed days.*



We learnt some Italian with Lara's Mum and made pizza on Italian Day.



Everyone loved coming to preschool straight from bed with our PJ Days.



The treasure hunt on Pirate and Fairy Day was a huge success. The children's excitement levels were at an all-time high as we discovered some buried treasure in the pirate ship.



Crazy hair Day was a huge success thanks to our resident hairdressers Steph and Rima. The children loved showing off their new styles.



*A BIG THANK YOU TO ALL OUR WONDERFUL
PARENT VOLUNTEERS.*



Little Endeavours



Lots of fun in Little Endeavours with the July Holiday Programme running and different activities on each day. The children have really enjoyed the Little Endeavour sessions where they were all involved making something for afternoon tea.



ROAD SAFETY – A special treat for this interest with us making our own cars with a teddy bear in them. It was tricky to get the wheels on (but fun to eat the icing that stuck to our fingers as we did it) and some teddies just didn't want to sit up and drive their car. Some children also noticed that the teddies didn't have seat belts on.



ITALIAN DAY – After washing their hands the children had the chance to make their own personalised pizza for afternoon tea with tomato paste, ham, pineapple and cheese as the ingredients. Everyone found a combination they liked and they tasted as good as they looked.



NAIDOC DAY – In Little Endeavours time we made damper and we also made a HUGE mess!!! I had so many hands on helpers that were keen to be involved. We also talked about the way that you cook damper when you are out in the bush with no electricity



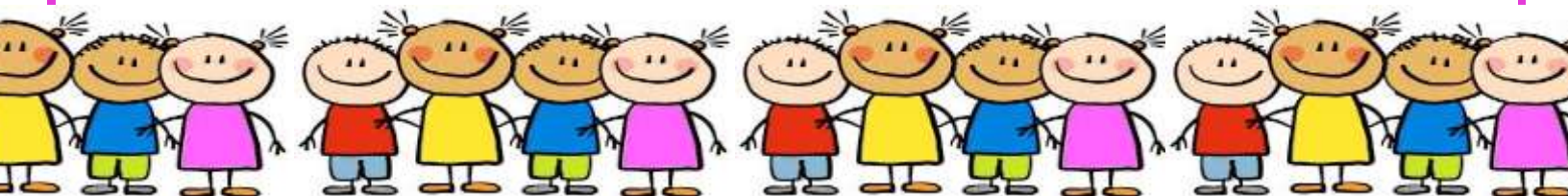
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2



Yum.



The Importance of Setting Limits for Preschoolers

As much as some mums and dads would like to think so, there simply aren't any perfect parents. And, try as you might like, it's nearly impossible to be a good parent without training and discipline. Limits are one form of discipline and it's helpful to know the importance of setting limits for preschoolers.



Parents often set limits for their children, not only for disciplinary reasons, but also to help keep their children safe. So it's helpful to know how to set limits, how to enforce the limits once they're set, and what consequences to use if the limits are ignored. Of course, the consequences for ignoring the limits will be different depending upon the age of the children in question.

Children who feel like they're loved and valued by their parents will be more willing to accept correction and limits. Why not plan individual dates with each of your children to help solidify their sense of value to the family?

Limits may be used to help your preschooler learn what is acceptable and what is not so they can learn self-control. Young children have a tendency to want what they want when they want it, so you may have some challenges in store for you. Don't give up – you can do this. Be ready to tell your child “no” quite often during the process. Try to explain why they can't do something rather than just telling them no, for example: “You can't do this today because it's raining, but perhaps you can do this instead.” Give them an option when you tell them no.

Why are limits important? Limits actually help your preschooler feel like you care, especially when you share with them the reason why the limit is being set. They will also feel more secure even though the limit isn't enjoyable. Give them fair warning if you expect them to stop doing something since some children have problems with abrupt changes.

Know what you expect out of your preschooler, and agree upon those things as parents and partners, before you tell your child. It's also helpful to know what your child is able to do and what they're not able to do yet. Learning how to discipline effectively and encourage co-operation is also helpful. When you set a limit, no matter what the limit is, it's important to be consistent when reinforcing the limit. If you tell your preschooler they have a time limit to finish what they're doing, be sure to stop what you're doing and enforce the time limit when the time comes. Following through is as important as setting the limit in the first place. By being consistent with your limits, your child learns they can trust you to do what you say.

Try not to set too many limits at one time. Your child needs to be able to achieve success with following one limit before moving on to another. You may repeat yourself during the training process, but the results will be worth it in the future.

Pay attention to how the limits you set are affecting your preschooler. You know the importance of setting limits for preschoolers, but you don't want to crush their spirit in the process. Be sure they know you love them even though you have to establish limits.

Article source : <https://childdevelopmentinfo.com/ages-stages/toddler-preschooler-development-parenting/limits-for-preschoolers/#.WXK9-YiGOUk>



Quality Improvement Plan (QIP): We wish to send our congratulations to Zoe. Zoe has now completed her Degree in Early Childhood Education. Completing the Degree has involved a lot of hard work extending upon Zoe's knowledge, gained from many years of experience working in early childhood education and care. Zoe is our Educational Leader and this role is regulatory requirement. The role is designed to foster and proactively encourage a high quality learning environment both in terms of the children's curriculum and also to ensure the Educators are supported and continue to grow their knowledge and experience. *Well done Zoe!*



Dates to Remember!

August 7th	Return Developmental Portfolio
August 9th	Parent Evening—Transition to School
August 16th	Reptile Man Visit
August 22nd	Mt Colah Public School Band Visit
August 28th	Book Week (all week)
September 19 & 21	Preschool Photos



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