

# 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

Currently our Educators are working hard to complete your child's Developmental Portfolio, in time to be sent home throughout the School Holiday programme. They will finalise these over the next week or so as they collate the fabulous work that has been done by your child over the first half of the year. We hope you enjoy looking through the portfolio's with your child, celebrating their achievements and talking about their experiences. The portfolio will also provide an opportunity for you to work together with your child's teacher to set developmental goals for the remainder of the year and to assist your child in areas they may need further support. **Please don't hesitate to see your child's teacher if you have any questions**

## Finish Time at Preschool

We would like to send out a reminder that the Educators finish for the day at 4.30pm. In recent times we have had a higher than normal rate of late pick ups and also wish to take this opportunity to remind you about our late pick up fee which is discussed in your parent handbook. If you wish to chat with your child's Educator at pick up time, which we warmly encourage you to do, then please arrive well prior to 4.30pm to allow the teacher to provide you with the time these chats deserve. The Educators work a long and very busy day and we appreciate your assistance in allowing them to leave at 4.30pm.



# July 2017

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## *Our Preschool Programme Past Month in Review*

**Sweetpeas:** It has been so great spending one on one time with the Sweetpeas during developmental times. It is a great opportunity to gain much more of an understanding of the children, their thoughts and feelings. During creative painting we were able to observe how the children approached this task, recording their thought and ideas as their paintings developed. With the use of images of emotions we explored feelings. The children identified, happy, sad, cross (cranky), tired, to name a few and each child identified what evokes these emotions for them. We all had a lot of fun sharing with each other. It was heartwarming to hear that when asked how they were feeling right then, they all responded with HAPPY, what more can we ask. It is great to watch the Sweetpeas become more confident, interacting and expressing their ideas. We talked about people who help us during group time and identified so many people in the community that take care of us. The children enjoyed dressing up as Firemen, Police Officers, Doctors and Nurses and most important of all Mums and Dads who take such good care and love us so much.

**Bluebells:** We have had another busy month and are looking forward to the holiday programme starting! During June, we had visits from the dentist, the fire brigade and an author and the teachers were very pleased with how everyone interacted and behaved during these visits. Every morning to get our day started, we enjoy a music and movement session together. Not only is this lots of fun, it encourages gross motor skills and gets our bodies ready for the day of play and learning ahead. Recently we have introduced a new song called Catch A Brainwave. This song has a series of guided, sequential movements to get the children thinking and moving and a very catchy tune that the children love to sing along with! The actions are designed to get the child's brain thinking about how they can move their bodies and for some of our children, they might learn something new. The Bluebells are enjoying this new song and we see them joining in with great enthusiasm. Daily physical play is an important part of our children's routine and this is another way we can enjoy this and encourage participation over all the ages.

**Schoolies:** The schoolies really enjoyed the topic Health and Hygiene this month. The children discussed various ways in which they can prevent germs at preschool and ways they can stay clean at home. Zoe and the children made a hygiene chart, they also wrote a song together for them to better remember the steps taken to blow you nose. The children thoroughly enjoyed this and look at the chart every time they go to the bathroom. We also had a visit from Hornsby Bupa Dentist. Jodie asked the children why she was here and Joshua responded with, "You're here to fix our teeth". Jodie talked to the children about all the things our teeth help us do and how we can keep them healthy and shiny. The children read various health and hygiene books such as 'Jasper Mc flea will not eat his tea and Ella Kazoo will not brush her hair to further extend their knowledge in this area. The children continue to make comments on the chart they made and ensure when they sneeze or cough it is into their elbow. They aren't afraid to remind their friends either!





**We now have an Adventure Book at Preschool.** This book is for families to record their recent adventures. Have you been on a holiday? Taken a day trip into the city on a train? Been to the beach? Been to a concert or play? Been to the park to play or have gone on a bush walk? Had a drive in the country? We invite you to diarise your adventure in our Adventure Book. We will provide pens, textas and glue and you and your child are free to express your Adventure Story in any way you like. We look forward to reading our collection of Adventure Stories to the children. If you have any questions please have a chat with your child's teacher.

### Scholastic Book Club



Thank you for all the orders received this term. We purchased a fantastic Julia Donaldson story pack with the commission from the last order and this has been very popular so far. The next brochure will be out in early Term 3.

#### Staff News:

Poor Steph will be off work for up to two weeks over the holiday programme period as she needs some delicate but extensive dental surgery. We wish her well and a speedy recovery. Steph will be off from Wednesday June 28th.



Jo was talking to Ella and she told Jo she had brought Show and Tell even though it wasn't her day as Monday was a public holiday for the Queens Birthday. She added *"She is REALLY, REALLY old Jo - just like you!!!"*

## July Birthdays'

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

**Riley 4 yrs**

**Bower 5 yrs**

**Alex 4 yrs**

**Steph???**



# Healthy Habits

Our Healthy Habits initiative is to support our Quality Improvement Plan item - *focussing on family and child health*. During July we will focus on the importance of minimising screen time.

## did you know?



- It is recommended that children aged 2-5 years spend no more than 1 hour per day in front of a television or using other screen based devices
- Children who spend a lot of time in front of television screens can find it hard to concentrate on day to day tasks.
- Both children and adults should be minimising exposure to screen time. This includes TV, computers, tablets and smartphones. Are you a positive role model when it comes to reducing screen time?
- Children who spend a lot of time in front of television eat "sometimes" foods more frequently than children who do not watch a lot of television. This places them at greater risk of becoming overweight.
- Bright light from screens can make both children and adults more alert, and use of technology immediately before bed can distract and delay bedtime.
- Did you know excessive screen time has been linked with reduced sleep time? Make sure your children aren't replacing sleep time with technology use.

Take time instead to: Play Create Explore Imagine Discover

## Important Notice

Dear families, if you drop off or collect your preschooler with siblings in tow, please remember that your other children need to be with you at all times. They are not to run around or play on the outdoor equipment. The Educators' first duty of care is to our Preschooler's and to provide a safe environment. Thank you for your assistance.



## Hats with Cords/Ties

We would like to bring to your attention that hats with ties on them can be dangerous when the children are freely playing in the outdoor area.

Please consider providing a hat for Preschool that does not have ties or if it is not an issue for you then cutting the ties off the hat you have. We are also educating the children to be aware if they have hat ties and to not pull on other children's hat ties.





# Fun with Phonics

This month we introduced Red Robot and Lucy Lamp Light to the children.



We introduced Red Robot and Lucy Lamp Light to the children and everyone was very excited to learn about these special LetterLand characters. For weeks the children had been asking "When are we learning about Red Robot?"... Finally the day arrived and the Schoolies cheered! Steph and Zoe introduced Red Robot to the children and explained he is a bit of a rascal as the song states and we say his special sound quite loudly unlike Harry Hatman. The children did a great job making Red Robots special sound and enjoyed all the fun activities Steph and Zoe implemented. We did an 'Egg and Spoon' Race, the 'Robot Dance', a 'Bean Bag' Race and made Red Robot himself from our recycled construction collection. Not only did the children LOVE making their very own Red Robot but it was a great opportunity to talk about 'Reduce, Reuse and Recycle' (*Outcome 2: Children are connected with and contribute to their world, as they actively engaged in recycling discussions and participate in reusing activities*).



For Lucy Lamp Light which Liam was proud to announce "My name starts with that" we learnt her special sound, which some children had some difficulty saying however we continued practicing and shall continue to practice saying Lucy Lamp Lights special sound. Steph, Zoe and the children had lots of fun implementing meaningful activities that supported the children's understanding of Lucy Lamp Lights special 'L' sound. We made lanterns which the Schoolies loved, they had to follow specific instructions for the lanterns to work and everyone did a great job. We also found leaves outside which we sorted, compared and used to create trees. The children were paired with Schoolies they would not normally play with, at first some children weren't too happy, however I explained this might happen at big school and everyone worked really well together after that.



# MONTH IN REVIEW



On the **sixth of June** we had a visit from the Fire Brigade, they arrived in the big Fire truck and immediately the children were very EXCITED! They began talking about fire safety and asked the children who do we call if there is a fire? Everyone shouted "ooo" and the firemen were very impressed and congratulated the children's knowledge. Next they spoke about and demonstrated how to "Get Down Low and Go, Go, Go" if there is a fire. After the fireman said this and demonstrated himself the children were all encouraged to do it too. Next the firemen spoke about "Stop, Drop, Cover and Roll". This was also acted out by the fireman and the children, acting out what to do will help reinforce the children's learning and make it easier for them to remember just in case. The fireman also spoke about the importance of smoke alarms and said "Stay a metre from the heater" and "Always looking when cooking" for safety reasons. Fire fighter Rod was just able to talk to the children about his special uniform when the firemen had a very important phone call and had to go attend an emergency. The firemen very kindly left us with some drawing booklets and said they would come back and visit us. Before and after the visit we are constantly talking to the children about safety and take any opportunity such as our Fire Drills to discuss fire safety and what to do in case of an emergency.

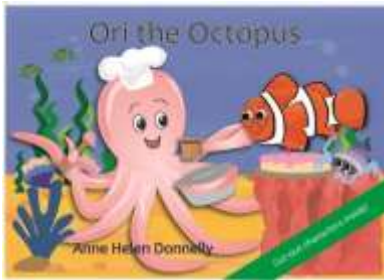


Jodie came in from Hornby Bupa Dental to talk to the children about dental hygiene. Jodie stood out the front and said, "Why am I here?" and Joshua replied with, "To fix all our teeth". Jodie started to talk to the children about all the many things our teeth help us to do, such as eat, talk, smile and laugh. Jodie then asked the children how they keep their teeth clean. They all quickly replied with "Brush your teeth twice a day for 2 minutes". Jodie was very impressed with this. She then played a game with the children called sometimes and all the time food. She showed the children various pictures of good and bad foods and got the children to put in the correct pile. Again the children did a wonderful job at this. At the conclusion of the discussion all the children got a turn of brushing the fake teeth Jodie brought in. She was very impressed as they did circular and back and forth motions.





# MONTH IN REVIEW



Anne Donnelly visited preschool to read the children a book she wrote called "*Ori the Octopus*" which linked with our topic 'Under the sea'. She got the children to join in by doing certain

actions when she was reading the book. She told the children that the book was all about sharing and being good friends to the people around us. Anne then brought out various laminated pictures of animals found under the sea. Anne told them fun facts about each animal, how an octopus has eight legs and when he is scared he will release ink and how a starfish will sometimes lose its leg but it will grow back. The children then participated in various dancing activities and even got to make Ori the Octopus using paper plates. You can visit Anne's website [www.annehelendonnely.com](http://www.annehelendonnely.com) for further resources and information. A big thank you to Isaac's Mum Alexandra for winning this author's visit and nominating our preschool allowing us to enjoy this experience.



On **Thursday 15<sup>th</sup>** June the Schoolies embarked on an excursion to our local fruit shop Hudson the Grocer. Upon our arrival at Hudson the Grocers the children were all given the chance to purchase a fruit or vegetable to share with their peers at preschool for afternoon tea. The children chose a variety of healthy options including carrot, blueberries, strawberries, lemon, snow peas and watermelon for our yummy afternoon tea. We were also lucky enough to be able to look in the cool room where the fruit and vegetables were stored. Everyone agreed it was very cold but lots of fun!

This excursion provided the opportunity for the Schoolies to make further connections to our local community whilst also discussing the importance of healthy eating habits.

The excursion would not have been able to go ahead without our parent volunteers so a **BIG THANK YOU** to Stacey, Lani, Emma, Helen and Mark for your time.



## Little Endeavours



Lots of different activities this month and the children have shown how independent they have become since they started at preschool. They listen to instructions and then work on their own, often watching their friends working if they are unsure of what they should be doing. Even with all this concentration there is a lot of chatter and discussion. It is also great to see the children coming over and asking to do the activities, and then waiting patiently if there is not a place for them straight away.



**Health and Hygiene** - We loved making our own mouths and toothbrushes. There was discussion on what colour lipsticks mum's wear and on the correct way to brush your teeth. Some children chose 'teeth' to stick down that had holes in them and some left a space as the tooth had fallen out already.



**People Who Help Us** - A wonderful display was made with comments on how the teachers help us at preschool. It is wonderful to read the different thoughts the children had although some didn't think teachers helped them at all!!!



**Our Homes** - With paper shapes and collage items provided there were some wonderful homes designed. Many children wanted to make theirs to look like their house at home while others were very creative. If I didn't have items out that the children needed they asked me to get them from the storeroom.



**Under the Sea** - Using celery instead of a paintbrush to decorate our fish raised a lot of comments from the children. The original idea was to stamp colour with the celery but there were a few different ways the children found to use the celery to colour their fish showing their creativity and innovation.





# Q

uality Improvement Plan (QIP): We welcome the participation of family in our programme. Family participation through helping with our holiday programme and excursions, sharing knowledge through our interests each week and via special events such as Harmony Week, all enrich our educational programme and enhance the children's sense of belonging. Our next holiday programme is not too far away. Please take a look at the programme and see if you would like to come along to help out. Please talk to your teacher any time you feel you would like to participate in our programme. ***We would love to see you!***



## Dates to Remember!

July 3—14	Holiday Programme
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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