

Mt Colah Preschool Kindergarten



a caring place to learn and grow



Community—Belonging, Being, Becoming

From birth children experience living and learning with others in a range of communities. These might include families, local communities or early childhood settings—such as Preschool. Having a positive sense of identity and experiencing respectful, responsive relationships strengthens children's interest and skills in being and becoming active contributors to their world. As children move into early childhood settings they broaden their experiences as participants in different relationships and communities.

It is important to introduce to our Preschoolers the idea of community, starting by being active participants in our Preschool family as we encourage them to be thoughtful and helpful participants within the daily routines and experiences at Preschool. In these years prior to starting big school it is also important to introduce the children to our local community and to introduce the diversity of the global community we live in.

We have many initiatives planned within our educational programme this year to foster the bonds within our Preschool community and to provide a wider view of the world. These initiatives strive to provide the children with the understanding of the reciprocal rights and responsibilities necessary for active community participation; to teach children to respond to diversity with respect; treat others with kindness and to show respect for the environment.

Within this newsletter you will read about our new Recycling Programme a great way to get our children involved in caring for our environment. Later in the year we will be conducting our Walkathon and Creative Art Fundraiser where the children actively contribute their talents to raise money for the Children's Ward at Hornsby Hospital. We hope that you are all ready to share your special family recipe enabling us to publish our Mt Colah Preschool Cookbook—a great way to share a small part of our home cultures with one another. Our Schoolies will also be going on some walking excursions to local community destinations as we extend their knowledge and connection with our local community.



Our children may be small but they are also so capable of being proactive contributors to not only our Preschool community but the broader community in which we live.

It is so important children feel connected with and contribute to their world.



March 2019

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Our Preschool Programme Past Month in Review

Sweetpeas We have had a very good start to the year. The Sweetpeas' one-on one developmental times have been met with enthusiasm, with children happily participating in fun activities. Through these planned developmental times Educators are able to observe the development of each individual child and plan how we can support and challenge their learning. After reading and talking about the book 'How Full is Your Bucket?' by Tom Rath and Mary Reckmeyer, we have taken the opportunity to reinforce empathy and the importance of being kind to one another. The children are beginning to understand this concept and I have witnessed some wonderful acts of kindness, from giving each other hugs, making sure friends are included in play, to helping someone in need. Once children feel happy and comfortable in the environment and emotionally ready, learning can happen with ease. *'A warm smile is the universal language of kindness.'* – William Arthur Ward

Bluebells: We are now into our developmental programme and the children are beginning to recognise which group they are part of eg Sweetpeas, Bluebells etc. We have enjoyed spending time together doing drawing activities, playing together and working on some new skills. Each fortnight on a daily basis, the Sweetpeas and Bluebells work on a new fundamental movement skill. The fundamental movement skills are the basis for all physical activity we do in sports, dance, gymnastics etc so it is important children develop these skills in early childhood to enable them to participate in such activities as they grow. So far this term we have been working on our jumping skills. Learning to jump isn't as easy as it sounds and we have been working on pushing off the ground with both feet and landing with both feet together. You can practice this at home, ask your child to stand on a bottom step and jump forward. Make it into a game with another sibling or parent and it becomes lots of fun! If you would like to know more about the fundamental movement skills, please speak to us.

Schoolies: The Schoolies have taken a strong interest in Chinese New Year. During craft the children made a dragon head out of an old recycled cardboard box. They coloured in his eyes, painted his body and gave him a big tongue which was red as it symbolizes good fortune in the Chinese culture. This then lead to the children engaging in their very own Dragon Dance along to authentic Chinese music, using our dragon head we created. The children asked some great questions about what actually takes place during Chinese New Year. Using our Ipad as our resource we researched some fun facts about Chinese New Year and discovered that decorating homes with red decorations, cooking traditional meals for the celebration and most children receiving a red envelope containing money signifying good luck and shares blessings are all a part of Chinese New Year. The children have been enthusiastic participants as we have explored the cultural celebration of Chinese New Year. Taking time to learn about this significant celebration in the Chinese culture has encouraged the children to broaden their view of the world.





Illness Policy

To minimise the risk of infection our Illness Policy states should a child have an episode of vomiting or diarrhoea at Preschool they are to be collected within 15—20 minutes if possible and no longer than 1 hour of the episode and are not able to return to Preschool until 24-48 hours has passed since the last episode. If parents are not contactable at the time then emergency contacts will be required to collect your child. The same requirement is stated should a child demonstrate a high temperature (38 deg +)

Late Collection of Child Policy

Our service reserves the right to implement a late collection charge when families have not collected their child/ren from the service before closing time. If a child is collected from Preschool after 4.30pm a late collection fee will apply. The fee is \$15 for collection up to and including the first 10 minutes then \$5 per minute thereafter.



Slip, Slop, Slap

Please remember to apply sunscreen to your child on arrival and if you don't have time please let our educators know and they will happily apply for you. Please remember. As per our sun safe policy remember your child's hat every day and clothing that covers their shoulders. Let's stay sun safe!



Safety Reminder

Dear parents and carers a quick reminder that you are responsible for the supervision of older and younger siblings who accompany you at pick up and drop off times. Siblings should remain in your company at all times. Please ensure siblings are not running around or playing on the equipment and that they follow any rules we would ask of the Preschoolers'. This ensures that we continue to provide a safe environment for our Preschool children.



Open Day



Thursday, March 21st from 10am to 12pm

The purpose of the Open Day is to invite new families to look around the Preschool and experience the educational environment we provide. It also provides the opportunity for new families to explore any questions they have about starting Preschool, gain understanding around our Philosophy and see how our educational programme is delivered as well as an opportunity to meet our wonderful educators.

If you know anyone who is interested please invite them along.



Tree of Life

Deon was chatting to Kosa. Kosa told Deon that he comes to preschool now as he's a big boy. Deon agreed "that's right". Kosa said "Then when I'm a bit bigger I'll go to big school". Deon said "Big school will be fun too". He agreed then said "And then I'll go to high school. And then when I'm finished with high school, I'll go to uni". "What will you do at uni?" Deon asked "Um, probably learn some more stuff". Deon then asked "And what would you like to do when you're finished with uni?" Kosa replied "I'll be a Dad. A big dad like my dad".

March Birthdays'

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

Lucas—4yrs

Oliver—5yrs

Jed—5 yrs

Ivy—4yrs

Zoe—5 yrs

Laird—4yrs

Grace— 4yrs

Joshua—5 yrs

Nika—4 yrs

Jo ???



Scholastic Book Club



Thank you for the orders for Issue 1. These books should be delivered and distributed within the next week. Issue 2 will be in your communication pocket soon. Ordering is easy, you can order and pay through the LOOP app which you can download from your app store. Or you can complete the order from attached to the leaflet and return it with the cash to preschool. Delivery to preschool is free and each order placed earns us 20% in commission to use within the book club. This issue we bought a Lego City book at the request of some children! Please see Deon if you have any questions about the book club.



Mt Colah Preschool's Harmony Day Recipe Book

Harmony Day is approaching, and we thought it would be a great idea to get families involved in this special celebration.

How many times have you gone home after a long day and thought, **"What should I make for dinner?"** No need to worry because we have decided to make our very own Harmony Day Recipe Book for Mt Colah Preschool.

We ask that you email us one of your family's favourite recipes or a traditional meal from your culture that you would like to share with us. It can be anything from snacks to dinners or even a special treat. Yum!

We will then be putting these special recipes together and creating our very own recipe book that celebrates our cultural diversity. The recipe book will then be made available via email or USB.

Please email your recipe to info@mtcolahpreschool.com.au by Monday the 4th of March. Feel free to attach a photo of your meal you have cooked or of your family enjoying the meal.

We look forward to sharing the cook book with our Preschool family.



Phonemic Awareness



Our Phonemic Awareness Programme is well underway for this year and the children are having so much fun playing with sound!

What is Letterland?

Letterland was created to teach Phonics using a story based approach where the children meet a friendly letter land character, learn their individual name, as well as explore their sound and the correct letter pronunciation.

Our phonemic awareness program is underway and our Schoolies appear to be already expressing a great deal of excitement and willingness to participate in a wide variety of fun-filled experiences that have been implemented within the program so far. These experiences have offered opportunity for the children to begin to explore their phonemic awareness.

Letterland characters that the children have met include, *Sammy Snake* and *Annie Apple*.



'Ssss' Sammy Snake is having a lovely time by the Letterland swimming pool. Sammy loves sun-bathing, but he is always careful to put on sunscreen when he is in the sun. Sammy loves swimming too and he likes to splash in the sea and slide into the swimming pool. The children used their fine motor skills when creating their own Sammy Snake's where they practised their cutting skills, cutting along the drawn squiggle around the paper plate, followed by then decorating their Sammy snake with all things that start with the 'S' sound, 'Spots', 'Stripes', 'Squiggles' and 'Stars' using coloured texta's.



Annie Apple lives in an apple orchard in Letterland. She has lots of animal friends; anteater, alligator and antelope. She also has amazing visitors, an acrobat who swings by and an astronaut who drops in. The only visitors *Annie Apple* doesn't like are the ants when they tickle her. Over the next two weeks the children will explore numeracy and counting through the discovery of a new song called, 'Way up in the apple tree'. They will also strengthen their overall fine/gross motor skills when making apple Slinky's for afternoon tea as well as when cutting out our apples for our 'Happy Apple Tree'. Our 'Happy Apple Tree' has recently been introduced in our indoor learning environment (located near the stairs that go up to the stage). Our 'Happy Apple Tree' reflects the Schoolies individual thoughts and ideas of how to fill a person's 'invisible' bucket. 'Filling a person bucket' is a current topic that has been focused on during group time. The children's individual thoughts have been written on their apple that they have cut out.





It is great to be back with Little Endeavours for another year. I am getting to know all our new friends, and children from last year are helping me with names and reminding me of what to do!!



This year most of our work will be group activities where the children learn to work with their friends, helping and solving problems together.



We started the year celebrating Chinese New Year with a wall display. As sometimes happens, the children's ideas were much better than what I had in mind and our display is a wonderful artwork of their design.



We have also worked in the sensory garden trimming the plants and herbs – the Thai basil was a buzz with bees and the children noticed how they had moved away after we cut the flowers off and felt much safer when exploring the scents and textures of the different plants. This also gave us a chance to share with you our trimmings that you could take home and add to your cooking.



We also had lots of fun chopping up old apples and putting them in the worm farm. Some of the children were also keen to hold the worms on their hands and watch them move and squiggle around.



I look forward to working with your children as we learn together while having lots of fun.





Reduce Reuse Recycle

Mt Colah Preschool has a strong sustainability focus, with many practices and projects that have been developed over the years. Every opportunity is used to make the children aware of the need to Reduce, Reuse, Recycle. It is encouraging to see how enthusiastic the children are at helping to keep our precious planet clean. We have a recycling station with containers to collect empty boxes etc that is used for construction and craft, a soft plastic container for all the plastic wrapping that is generated during the day, a container to recycle paper and cardboard as well as a recycling box for ink cartridges and photocopier toner. This is situated next to the interactive screen please feel free to bring in any ink cartridges you wish to recycle.



We also have a hands-on garden project where we grow flowers, herbs, carrots and other vegetables for the children to understand where some of our food comes from and the hardships farmers' face, particularly when there

is a drought. Our worm farm plays a very important role in showing the children how worms are used to reduce vegetable waste into rich nutrients which in turn feed the flowers and vegetables growing in our garden

We are also conscious, during the day, to switch off lights not in use as well as using the air conditioner wisely in order to save on energy.

Last year we introduced Nude Foods to our Preschool, encouraging parents to pack morning tea and lunch items free of wrapping and packaging. This is a great way to teach children the difference their actions can make for their own health and the environment.





Introducing our Return and Earn Programme

This year, to further develop our sustainable practice we would like to introduce the, NSW container deposit scheme, Return and Earn, for the children to get involved in. This will be a great opportunity for the children to participate in actively reducing waste as well as developing sorting and counting skills and plotting our progress on a chart in order to reach a goal, earning money which we can put back into our sustainable projects.

We would appreciate your help in encouraging your children to collect drink containers with the 10c deposit label on the bottle/cans to add to our collection and together we will help make a difference in reducing waste. You will find a small green bin with Return and Earn Labels under cover outside in which the children can deposit their bottles. Once a fortnight this will be taken to a collection point and redeemed for cash. Money raised will go towards purchasing items for our Preschool sustainability programme.

Eligible drink containers

For your information, under Return and Earn, most empty 150-millilitre to 3-litre drink containers are eligible for a 10-cent refund when presented to an approved NSW collection point.

Container materials that are eligible for a refund include PET, HDPE, glass, aluminium, steel, liquid paperboard.



Containers should be **empty, uncrushed, unbroken and have original label attached.** Please note: Wine, spirits, cordial and plain milk containers are **not** eligible.

We will be discussing with the children the importance of recycling, you may soon find your children sharing this information with you at home!

Together we can make a significant difference, no matter how small.





Quality Improvement Plan (QIP): Our focus for 2019



is to continue to develop our Preschool's cultural competence in terms of educator knowledge and our educational environment, further develop the skills and knowledge of our educators in all aspects of early childhood education and to undergo training for emergency fire response with fire extinguisher training. We continue to reflect on all areas of our environment to see ways in which we can improve what we do. If you have any ideas for improvement please let your educator know.

Dates to Remember!

Thursday March 21st Preschool Open Day (New Families to Preschool)

April Living Eggs Programme

April 15-26 Holiday Programme

April 19 Easter Friday—Preschool Closed

April 22 Easter Monday—Preschool Closed

April 25 Anzac Day—Preschool Closed



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