

Mt Colah Preschool Kindergarten



a caring place to learn and grow

Preschool Christmas Party

Yes, it is that time of year! Please pop this date in your diary. Our Preschool Christmas Party will be held on the morning of **Friday, 8th December.**



The event is held in the Church. Children are to be dropped off to Preschool before 9am and parents enter the Church from the front of the building.

Please note the parents entry to the Church will not be opened until **9.10am**. Also, we are asked every year by parents, "Where will my child be standing" unfortunately, as we have 70 children to organise into lines on the morning prior to walking into the Church, we have no way of advising where each child will stand. A note will be coming home to you shortly with all the information about times and how to RSVP!

Bees



We had Paul (Finn's Dad) come in to teach us all about how bees make honey. Paul and Finn got dressed up in their beekeeper outfits explaining how they need protection when handling the bees.



Paul brought along a frame with honeycomb in it that the bees had been working hard on producing. Each child was invited to taste the fresh honey as they broke the honeycomb using a paddle pop stick. Paul then scraped the honeycomb from the frame and three children were invited to mash the honeycomb through a sieve to produce some deliciously smooth honey.

It was a fantastic experience for the children as we learnt about the production of honey and the importance of bees to our environment.

THANK YOU PAUL AND FINN!

November 2017

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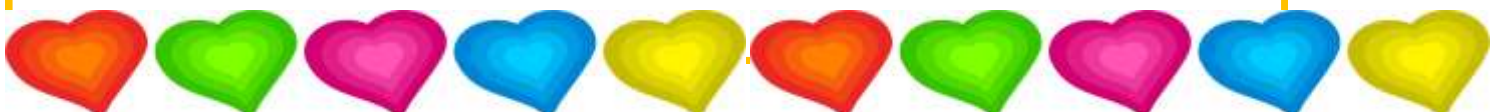


Our Preschool Programme Past Month in Review

Sweetpeas: Term 4 is well and truly underway with not many weeks to go until the end of the year. The Sweetpeas are doing so well developing their self-help skills. With a little reminding they are beginning to understand the importance of packing their belongings into their bags as well as developing concentration by participating and contributing ideas during group times. During the first week of term we **looked at the Wonders of the World and discussed what 'Wonder' means.** The children came up with suggestions, Indie said, *"A rainbow"*, Charlotte added *"Butterflies"* and Joss said, *"Rain"*. We talked about how people might have built the Man Made Wonders of the world without cranes and diggers to help lift and carry such heavy materials which prompted questions like *"Who built them?" "How did they lift rocks?" "How did they put it together?"* The volcano Paricutin in Mexico was of interest, we looked at videos of volcanos erupting and watched as lava moved down the mountain burning everything it covered. The children enjoyed making a volcano covering a bottle with brown play dough and adding green trees around the base. Using bi-carb and vinegar we watched with squeals and cheers as our volcano pushed red bubbling liquid out of the bottle much the same way the volcano did on the video. We look forward to more interesting things to do and talk about over the coming weeks. *'We don't have to teach young children how to wonder, discover and explore through play because they do it naturally'* - Steve Spangler.

Bluebells: We can hardly believe we are into Term 4 already! Soon our beautiful Bluebells will be big Schoolie kids and preparing for the next adventure at school. The Bluebells have been loving this beautiful weather over the last few weeks, spending lots of time exploring our garden and creating their own world to investigate. We have been using our gross motor skills as we navigate ourselves over the obstacle courses and climbing equipment, often having to put our problem solving skills into action when we have a new challenge. In the sand pit, we have been thinking about how to build the perfect sandcastle - sometimes we just need a bit of water to get it right! The warm weather has been ideal for experimenting with the water trough. We have added soap for bubbles, made blue water and experimented with different scents, adding rosemary and basil from our garden and some mint essence. This got us thinking about how we can use scents elsewhere and Rocky suggested we make mint scented playdough! The outdoor environment is full of learning opportunities and the Bluebells are enjoying the opportunity for hands on experiences which may leave us a bit grubby some days but we'll have some great stories to share!

Schoolies: The Schoolies have been doing an excellent job practicing their independence during drop offs each morning.. They have taken on the responsibility of signing in and un-packing their bags, whilst their parents sign in on the other side of the gate. The Schoolies have taken a strong interest in **Helping Others Week.** They all had quite a good understanding of how to fill one's bucket already but were really interested in learning more ways in which they can help people in the community. We were discussing how **we are raising money for the Children's Ward at Hornsby Hospital,** Sophia W stood up and said, *"I'm going to use my pocket money and buy them some toys so they feel better"*. Anurina said, *"I'm going to get a gift and put it under the Kmart wishing tree"*. By the end of the week the children really understood other ways they can help people and how it also leaves them feeling warm and happy inside from giving a helping hand. We role played ways in which we can help our friends at Preschool, and made a tally of all the **children's buckets that were full at the end of the day and ensured each day had more full buckets than the last.** The children enjoyed the opportunity to explore the importance of kindness and empathy this week.





Deon went to the coffee shop at lunchtime on Monday and met Dakota and Saige there. She had a chat with the girls and Saige asked me **"Are you from Kindy?"** I said that I was and that it was my lunchtime. Saige gave me a very serious look and asked....

"Does Lara know that you're out?"



Meal Times

recently we have not placed bins in front of the children during meal times. Our intention is twofold: **one**, that the children take home any uneaten food so parents can see what they have consumed that day and **two**, to minimise waste—to encourage the children to eat all their food by creating an environment where it is not easy to dispose of it. It seems to be working well.



FEELING THE LOVE!

During lunch time Cade sat next to Finn and said *"Hello my beautiful friend Finn"*.

Scholastic Book Club

Orders for Issue 7 have now been submitted and should be delivered next week. Thank you for all the orders! With the commission earned this month, we have ordered a construction set and some Christmas books. Last month we bought some numeracy blocks and the children have been using these in a huge variety of ways from sorting into colours, building towers and practising our counting. *Thank you for the support of the book club!*



November Birthday's

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

Josh 5 yrs

Anuarina 5 yrs

James 4 yrs

Lily 5 yrs

Heath 5 yrs

Liam 4 yrs



Big School Week!

27th November—1st December

Children heading off to school next year are very welcome to wear their school uniform during this week. During Big School Week we will be having visits from local schools. A teacher and several kindergarten students visit and talk to all the children about school, show off their school uniforms **and read our preschooler's stories.**

The teacher also introduces our children to a book called "Big School". This book was produced in collaboration between local schools and local prior to school services and offers the preschooler's a great pictorial guide to all the different places in our local schools. This book is then left out for our Preschool children to look at for the remainder of the year. We have been conducting Big School Week in collaboration with local schools for a number of years as it provides another Important transitional link for the children heading off to school



Preschool Accounts

Your final account for 2017 will be distributed mid November with all payments due by Friday December 1st. This account will include all fees up until our closing day of December 22nd. It will also include the refund of the \$100 holding deposit to those families whose children are heading off to school next year. Therefore, could we please remind everyone to keep a close eye on their accounts over coming weeks to ensure that all payments are up to date and for those leaving Preschool, please consider stopping any automatic fee payments you may have set up to avoid your account going into credit, especially considering the refund of your holding deposit.

Casual Days Book

As the Preschool accounts are being finalised in December please be aware that the Casual Days Book finishes operating at the end of November.



Excursion to the Plant Bug



The Schoolies embarked on an excursion to our local nursery The Plant Bug this month. When we arrived at the Plant Bug each pairing was given a picture of a plant, herb or vegetable to purchase for our preschool garden. The groups studied their pictures and were very focused as they explored the nursery finding their allocated plants.

We looked at pots, plants, fruit trees, herbs and structures for the garden. The children thought the room which held fertiliser was very smelly and got a good laugh out of this. The Schoolies loved returning to preschool to show their Sweetpea and Bluebell friends their purchases. We are very excited to plant these in our garden.



This was a great experience for the Schoolies as they broaden their knowledge about sustainable practices and the natural environment whilst also furthering their knowledge of our wonderful local community.

A big thank you to Julie, Bec, Jen, Justine and Jo for their help with the excursion.





Our Healthy Habits initiative is to support our Quality Improvement Plan item - *focussing on family and child health*. During November we will focus on healthy snack ideas.

Smart Snacking

"Don't eat that, you'll spoil your appetite." If only you had a dollar for every time you heard that growing up. But if the right foods are offered at the right times, snacks can play an important role in managing kids' hunger and boosting nutrition. A well-timed snack can even out spikes in hunger and provide a much-needed energy boost between meals.

Snacks can keep younger children from getting so hungry that they become cranky, and they can keep older kids from overeating at larger meals. And for picky eaters of all ages, snacks can be added insurance that they're getting the necessary nutrients. The best snacks are nutritious — low in sugar, fat, and salt. Fresh fruit and vegetables and foods that contain whole grains and protein are also good choices.

But it's not just about what you offer as a snack — it's how much you serve and when. Pay attention to portion sizes and timing of snacks so they don't interfere with a child's appetite for the next scheduled meal. Kids who are allowed to graze all day long often have a hard time figuring out when they're truly hungry — one key to maintaining a healthy weight in childhood and later in life.

Snacks and Preschoolers

Control is still a key issue at this age, so preschoolers also might enjoy the chance to choose their snack from the options you present. The desire for sweets can be quite strong at this age, but you can avoid the struggles. Don't offer candy and cookies at snack time. You can decide not to stock them at all or, if you do, to keep them out of sight.



Preschoolers are just learning to label their feelings, and they'll often say "I'm hungry." But they could just be bored, tired, or in need of some attention. Figure out what your child really needs. It may be that some playtime with you or a change of scenery could end the cries of "I'm hungry." Also, when kids do need a snack, make sure it's eaten at the table and not in front of the TV.

Healthy snacks for preschoolers include: cut-up fruit or applesauce, yogurt, sliced or chopped veggies, whole-grain crackers topped with cheese.

Here are some websites with some healthy snack ideas:

<http://www.parenting.com/gallery/healthy-kids-snacks>

<https://www.superhealthykids.com/recipe-category/snacks/>

https://www.kidspot.com.au/kitchen/recipes/collection/healthy-snack-recipes?gclid=EAlaIQobChMluMr8pJa11wIVCCRoCh0u3gg hEAYAyAAEglTrPD_BwE



Holiday Programme Report



We had a fantastic Holiday Programme! The children explored a variety of learning dispositions through curiosity, creativity, learning relationships and problem solving.



During When I Grow Up Day, Josse (The O'Connor's Dad) prepared a special group time for us. He spoke to the children about money in various forms. The children were each given a coin and a crayon and did some coin rubbing which they were then encouraged to cut out and place in a special treasure box. They then drew their own treasure maps and in groups we went in search of our treasure. Josse kindly gave each child some coins to take home.

During Construction Day we used all the recycled materials we had been collecting to explore our creativity. Rima (Elissa's Mum) came in and helped the children create a castle made of recycled materials. We named it Casa De Mt Colah Preschool and we were able to use this during our free play experiences.



Letterland Day saw us making some yummy letter bread, rolling out our own dough using the stencil of the letter of our choice which we enjoyed for afternoon tea with some help from Jess (Levi's Mum) during this day.



So much fun was had as we cooked, created and explored!

A big thank you to the parent volunteers



Fun with Phonics

We have had fun revisiting our Letterland friends and we also met the lovely Talking Tess.

During the Holiday programme we revisited Letterland characters we had already met. We used the Letterland software to sing each characters song, listen to their story and play the appropriate sound activities. The children responded well to the revision and demonstrated a good understanding of each character's special sound.



Wow, have we been busy learning about **Talking Tess**. She is a popular Letterland character who makes a special 't' sound. Most of the Schoolies were able to say this sound, however any continued practice at home would assist in developing your child's confidence with sounds.

To explore **Talking Tess's** special 't' sound we played on the Tapping sticks and Tapped along to our own beat, which encouraged us to count One, Two, Three for each beat. The Schoolies also made the uppercase 'T' for **Talking Tess** with their Tapping sticks. We played Tic Tac Toe with bean bags which was thoroughly enjoyed by the Schoolies. We acted out Tidalink the Frog, an Indigenous story about fairness and friendship (EYLF, Lo.2). The children LOVED this and had a great time trying to make Tidalink laugh. We made our very own Telephone using a cup and string, where the children expressed themselves using their verbal communication skills.



Little Endeavours



October is almost gone and each session of Little Endeavours shows me how much the children have grown and developed since the beginning of the year. They know what my arrival means, are keen to guess what we might be doing and are happy to help me set up and then clean up at the end of the session.



Our banana bread was a great success on "When I Grow Up" day and there are some budding chefs at the preschool. The children helped each other as we added and mixed the ingredients, and I am sure the fact that everyone helped mix the finished batter made the banana bread taste as fantastic as it did.



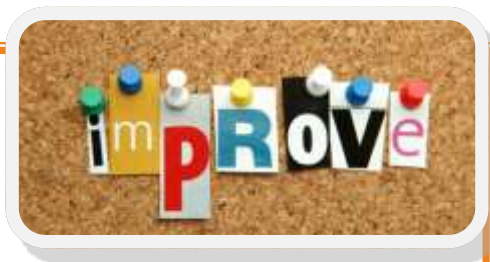
The plates of food the children created for "Food, Food, Food" week all looked delicious. As they worked we spoke about healthy food and talked about the different foods we all bring for lunch each day at preschool.



Our Helping Hand Tree's which we made for "Helping Others" week are on display at the entrance of preschool. Everyone cut their hand out after I had traced around it - some children traced their own hand. Each leaf shows a great idea, which the children thought of, on how we can help others. If you have haven't already, have a look at the leaves and see what caring children we have.



Quality Improvement Plan (QIP): As we wind down to the end of another year we take the time to reflect on the improvements that we have made to our service and start to look forward to 2018 and our commitment to ongoing improvement.



Undergoing a complete review of all areas of our service is a huge task and to support this we have recently purchased a new software programme that allows us to undertake a wide ranging review in a time effective manner. We will have this system up and running in the new year. Parents, if you feel there are areas that we need to further support within our educational environment and the services we provide, please pass your suggestions on to either your child's teacher in person, a note in our mailbox or please send an email . We appreciate your feedback.

Thank you for your ongoing support.

Dates to Remember!

November 6th	StEPS Vision Screening
November 7th	Kindifarm
November 20-23rd	Orientation Week for 2018 new families
November 27th	Big School Week
December 8th	Christmas Party
December 22nd	Last Day
January 22nd	First Day for 2018



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