



Celebrating Our Wonderful Dad's

To celebrate Father's Day and all the wonderful things our Dad's do for us, we are inviting our Dad's or Grandad's to come along to Preschool on Monday, September 4th with your preschool child. We have some fun activities planned and we will be making some yummy pancakes, which we will devour together!

If you would like to come along please put your name on the list at the sign in table as we need to know numbers for catering purposes. **Look forward to seeing you then!**



Please arrive at 9am and join in the activities. At around 10am we will enjoy our pancakes together and then you will be free to get back to your day!


**Dads are
most ordinary men
turned by love into
heroes, adventurers,
story-tellers, and
singers of song.**

— Pam Brown



SPRING

September 2017

Inside this

Newsletter

Teacher Reports

Healthy Habits

Father's Day

Preschool Photos

Preschool Photographs



You will soon receive information regarding preschool photography. The photos will be taken on September 19 and 21. Everyone is welcome to participate all you need to do is complete the envelope and return to Preschool. If you have any questions, please ask your child's teacher.

Scholastic Book Club

Issue 6 of the Scholastic leaflets are now out and there are some fantastic books on offer! The Highway Rat by Julia Donaldson is on offer for \$2 and there are a few exciting Lego books too.

Orders are due back by 11th September. Thank you for all the orders from the last issue. We bought a beautiful big book for preschool called A is For Australia. The children are enjoying looking through the pages and looking at the pictures.



Thanks for your continuing support of the book club!



Joss was leaving Preschool for the day. He looked at Liam S and said ...

"Bye Liam, I'll always remember you".

September Birthdays'

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

Charlotte T — 5yrs

Zoe — 5yrs

Levi — 4yrs

Amber — 5yrs

Emily — 5yrs

Charlotte H — 4yrs





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.*

SCAT CAT

Local author Jenifer Tippins (Charlotte's Grandma) will visit us and read her story **SCAT CAT** to us. **SCAT CAT** is a story inspired by a real cat, who is mischievous and gets into many scrapes with the other animals in the family, but is loved by all.

The rhyming patterns in the story lead the children along in their listening, and encourage pre-reading skills of active listening, matching of sounds and anticipation in context. It is funny as well as being emotionally satisfying.

WHEN: Friday 1st September at 11:30am

As well as reading the story, Jenifer talks a little bit about how books are written, published and printed. Children gain a new understanding of the world of books and the value of the written word. If your child is not at preschool on Friday they are still welcome to attend but they must be accompanied by an adult over 18 years old for the duration of the experience.

COST: If you would like to purchase a copy of **SCAT CAT** they are \$10.00 and will be inscribed to your child and signed by the author. They make great gifts, too! Jenifer will also include a colouring sheet and a simple question sheet which suggests ideas for helping your child to learn.



Healthy Habits

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



Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat.

Additionally, children don't always recognise that they're thirsty, and if they're not encouraged and reminded may forget to drink.

How much water does my child need?

The amount your child needs will vary depending on their age, size and level of activity. For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended.

Tips to help your kids stay hydrated!

- Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.
- Encourage your child to drink water before, after and during physical activity
- Always offer water with meals and snacks

Encourage your child to drink water, even if they don't like it! Water is the best choice to keep your kids hydrated throughout the day. Water contains no extra energy and can quench your thirst.

DID YOU KNOW?



Children should not be drinking fruit juice regularly. While some juices contain vitamin C, they lack the fibre and many other important nutrients contained in a whole piece of fruit.



DID YOU KNOW?



The high sugar content in fruit juices can impact on children's oral health. Choose water instead and add a slice of fruit or some mint for flavour if needed.



DID YOU KNOW?



Toddlers require around 1L of fluid per day and pre-schoolers require around 1.2L every day. Drinking water is a habit that should be developed from a young age.



DID YOU KNOW?



Soft drinks, cordials and sports drinks should be avoided and only given on special occasions due to their high sugar and energy content. One cup contains 4 to 6 teaspoons of sugar!



Wildlife Show



On Wednesday the 16th we were lucky enough to have Aaron from the Wildlife Show come in to talk to the children about some of his wonderful wildlife friends.

The children were able to engage and interact with a variety of amazing creatures including Charlie the blue tongue lizard, Spike the bearded dragon, Herman the green tree frog (which Zahra attempted to kiss to turn into a handsome Prince) and even GRANDPA SNAKE!

We had some courageous volunteers who enjoyed a hold of Grandpa snake and all the other animals today.. what brave children we have!

The Wildlife show was a valuable experience for the children as they learnt fun facts about a variety of reptiles and amphibians and also furthered their knowledge on safe practices when we see an animal in the wild – especially a snake!



Mt Colah Primary School Band Visit

On Tuesday 22nd we were lucky enough to have a visit from Mt Colah Public School Band. The children met the band and the conductor Mat in the hat, he had a variety of really funky hats that some of the children got to put on. The band played 'Twinkle Twinkle Little Star', 'Hello' by Adele and 'If you're happy and you Know it'. This got the children up and dancing.

Mat introduced a variety of instruments to the children including the flute, clarinet, trombone, saxophone, drums, piano and more. Mat asked the children to guess some instruments. Cade put his hand up and said, "Hi I'm Cade and that's a clarinet". The children learnt the job of a conductor in a band and that he holds a stick in his hand which is called a baton which he moves fast or slow depending on what he wants the band to do. Adelaide and Rocco had a turn of wearing Mat's cool hat and conducting the band, they had a great time doing this. The children were then lucky enough to interact with some of the instruments after the performance. It was a great opportunity for the children to explore music and build connections with Big School.



Fun with Phonics

Noisy Nick has inspired our love of nature and Kicking King had the children enjoying active play!

All the Schoolies have had such a great time learning about Noisy Nick as they made Necklaces with Steph which they threaded all by themselves then proceeded to wear all that day and the next. The children demonstrated great fine motor muscles and hand-eye coordination throughout this meaningful task. Everyone was extremely proud of their Necklaces.

We also played musical instruments to make lots of NOISE for Noisy Nick!! Everyone enjoyed this experience and boy did we make a lot of Noise, if Noisy Nick could have heard us he would have been proud.

Each of the Schoolies was invited to pair up and take photographs of Nature with our cameras. I was amazed at the care the children took of each of the cameras and also in choosing what Nature they wanted to photograph. The children went off by themselves and confidently and knowing photographed Nature within our very own Preschool environment.



nature



The Schoolies were all very excited to meet Letterland's Kicking King. Ella informed her educators that she woke up early and practised kicking before she met Kicking King at Preschool. With inspiration from Kicking King we incorporated some exercise into our Phonics Programme



and did some Kung Fu that we watched on the Edu Touch. We also Kicked balls and during this the Schoolies demonstrated great Kicking skills. We also played a game called 'Hide the Key' which the children thoroughly enjoyed; it is similar to 'Big under the Rug'.





In Little Endeavours this month we have done both individual and group activities. Even though an activity may be one the children do on their own it is great to see that their peers do often become involved as well, when helping out or making suggestions or even just conversing as they work.



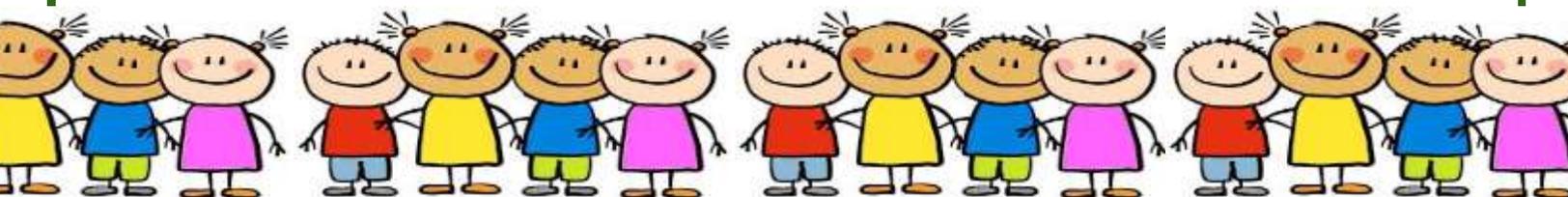
Reptiles and Amphibians – It was an exciting week with the visit of the Reptile Show and the preschoolers chatted incessantly during our group activities this week about what they were going to see or had seen. We made life cycle charts (called 'recycling' charts by one child) of frogs and egg laying snakes and with a basic example to follow the preschoolers put them together with older children checking everything was in the right place and helping the Sweetpeas with their work. As they are on display the children often stop and look at them during the day although the snake cycle is so 'busy' it is hard to follow the cycle around.



Music – The shakers we made had either rice or pasta in them and the preschoolers were quick to work out which was the noisiest! Again lots of discussion as they worked and fine motor skills were used to decorate the cups with drawing and stickers. The shakers were then used at group time in the afternoon.



Things That Go – Our 'airport' was full of a fleet of aeroplanes of many different designs at the end of the LE session. There were two basic models but each child added their own choice of pegs, coloured wings and different extra features (either drawn or stuck on) to create their own plane.





Quality Improvement Plan (QIP): As part of our efforts to continually improve our services we highly value and encourage family involvement and feedback. Family participation is vital as it adds depth to our planning for programming, ensuring the children have a sense of relationship between home and preschool. There are many ways for families to participate. Filling in the weekly interest feedback forms, writing ideas in our Big Ideas Book, participating in holiday programme activities, participating in other areas of our programme such as reading a story to the children or sharing something from your culture. In recent times we have started an Adventure Book at preschool inviting families to record their recent adventures and the children receive great enjoyment from reading these stories. Thank you for your participation, in whatever form it takes, and please see your teacher if you would like to know ways you can become involved or further involved in our time at preschool.



Dates to Remember!

Father's Day	September 4th
Preschool Photos	September 19 & 21
September 25	Holiday Programme Commences
October 2nd	Public Holiday—Preschool Closed
October 16th	Excursion to the Plant Bug (Schoolies)
October 23rd	Creative Fundraiser



Mt Colah Preschool Kindergarten

Cnr Amaroo Avenue and Pacific Highway

Mt Colah NSW 2079

Preschool: Ph: 9476 4101

Email: info@mtcolahpreschool.com.au

Annette: Ph: 9943 0731