

Jindera Preschool Newsletter July 2016

Monday 18th July	Term 3 begins for children
Friday 22nd July	Wood Raffle will be drawn
Tuesday 26th July at Jindera Hotel.	Committee Meeting, (6pm for Dinner, 7pm for Meeting)
Friday 29th July	Chloe's last day (Family Leave)
Thursday 4th August	STEPS Eye Screening at Preschool for T/W/Th children
Sunday 11th September	Preschool Working Bee
Friday 23rd September	Last day of Term 3
Tuesday 4th October	First day of Term 4
Friday 16th December	Last day of Preschool 2016

Children's Development/Progress

Please remember you are able to ask about your child's progress at Preschool. The University Qualified Teachers working with the children at Jindera Preschool are **Leanne** on Monday and Wednesday, **Chloe** on Friday, and **Kerry** on Tuesday and Thursday. We do not provide a written report about your children but are available for a discussion on their progress, sometimes this can be just a quick chat before or after a session at other times you may wish to make an appointment for a longer discussion.

Please be aware that Educators other than the Teachers will refer you to the relevant Teacher for that session to answer any queries that you may have on your child's progress or development.

Parent Feedback is always welcome. At times questions are placed on the sign in book for you to give us feedback. We have also placed out a feedback box for you to give us any feedback or suggestions anonymously if you wish. Your comments and feedback are taken seriously and where possible used to review our preschool programs.

Preschool Renovations.

We are having some garden work done in our preschool yard over the holidays. If you are nearby and see gardening happening I am sure your children would love to have a look at what is happening. (Fundraising levies paid by you all is contributing to this)

Session Times

Please remember that session times are from 9.00 until 3.00. Children will be placed into After Preschool Care if parents are not here to collect their child at the same time as other parents. This will be at a cost of \$4 per session.

Plant Donations

Staff are incorporating more gardening into our sessions so any donations of seeds, seedlings or plants would be appreciated.

Chloe's Family Leave

As most Friday families are aware Chloe will be taking Family Leave in Terms 3 and 4. Her last day will be Friday 29th July. Olivia Phegan will be working with this group of children for the rest of the year and Chloe will be returning at the beginning of 2017.

Working Bee

Our second working bee for the year will be on Sunday 11th September. A list will be placed out for you to indicate if you will be attending this Working Bee or the next one on Saturday November 12th. Attendance at one working bee for the year will get you a refund of your \$30 Maintenance Levy.

Reminders

- *Drink bottles with water in them every day. (Children will be reminded to have a drink of water from the bubbler throughout our session times)
- *Naming children's belongings will help us all. Children have very similar lunch boxes, drink bottles, clothing and other belongings.
- *Please check your family pocket to ensure you get all notices, receipts etc.
- *Safety in our carpark. Please hold your child's hand to keep them, safe.
- *Please be aware children should not be left in the car when bringing your preschooler in for a session or picking them up.
- *Gum boots and a change of clothes, please

Washing Roster

Our washing roster is working well. Families with children attending on Friday's Monday's or Tuesday's will be receiving the washing this term and next term. Washing will be given to families at the end of the session. We ask that you wash them and fold them in half to be returned to Preschool on the following week

Kerry's favourite saying about childhood "Childhood is a journey not a race"

Attached to this email is an updated washing roster for the next 2 terms.



1st Prize – 6 x 4 foot Trailer full of wood (approx. value \$1500) – (prize includes trailer);

2nd Prize - \$400 Voucher from Tania Martini Photography;

3rd Prize - \$200 Voucher from Redi 2 Hire;

4th Prize - \$50 Voucher from Coles/Myer.

Raffle Drawn – **Friday 22nd July 2016** at the Preschool. All winners will be notified by phone.

Tickets are available at the Preschool.

A Quick Bite ...

Nut-Free Trail Mix

Looking for a quick, nutritious snack for winter? Why not try this nut-free trail mix. It is quick to make and children will love it.

Ingredients:
Equal quantities of: Pumpkin seeds, Sunflower seeds, Sultanas, Dried cranberries or apricot pieces, Unsalted popcorn

To make your own microwave popcorn:
Ingredients:
½ cup popcorn kernels
1 brown paper bag

Method:
Place popcorn in the brown paper bag.
Roll the top of the bag over a few times to seal.
Place bag in the microwave so that the rolled top is facing up.
Microwave on high for 2-3 minutes or until the popping slows down.

Method:
Mix together. Store in an airtight container up to 5 days (or longer if not using popcorn).
Divide into 1/3 cup portions for the lunchbox.

For more information visit www.mlhd.health.nsw.gov.au/services/



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A Quick Bite ...

Looking for quick, nourishing, snacks for your active child?

Choose from these sensational nutrient packed snack ideas.

- Avocado, carrot and lettuce rice paper rolls
- Reduced fat cheese slices with wholegrain crackers
- Reduced fat custard with fruit
- Reduced fat yoghurt with fruit
- Reduced fat cheese stick
- Vegetable sticks with dip
- Homemade pita chips with hummus
- Sultana snack pack
- Hardboiled egg and cherry tomatoes
- Rice cakes with avocado and cheese
- Muesli and reduced fat yoghurt
- Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)



For more information visit www.mlhd.health.nsw.gov.au/services/health-promotion-1

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