

Jindera Preschool Newsletter September 2017

Friday 22nd September	Last day of Term 3
Monday 9 th October	First day of Term 4
Saturday November 11 th	Working Bee
Wednesday 13 th December	Children's performance for their special visitors.
Thursday 14 th December	Children's performance for their special visitors.
Friday 15 th December	Children's performance for their special visitors.
Friday 15 th December	Last day of Preschool 2017

As usual families will be notified by email, and by notices on our sign in book of other dates relevant to groups as they arise.

How quickly has this term gone! Hopefully all those Winter illnesses, will have left us over the holiday break and we can all enjoy a healthier and warmer last term. I for one will not miss those cold mornings. Families re-enrolling for next year will have their days for next year confirmed in the first week of next term, if we haven't already confirmed them with you.

HATS AND SUNSCREEN EVERY DAY NEXT TERM PLEASE!

Parent Feedback is always welcome. At times questions are placed on the sign in book for you to give us feedback. Your comments and feedback are taken seriously and where possible used to review our preschool programs.

Preschool Renovations.

We are hoping that our new renovations will be ready for use very early in fourth term. We will let you know as soon as we can about returning to our normal entry to the preschool.

Jindera Playgroup

There is a playgroup for children 0-5, that meets each Wednesday at Jindera Public School. Further information is available from the Public School on 6026 3280.

Session Times

Please remember that Preschool hours are from 8.15 until 4.00. Children must be off the premises **before 4.00** for insurance reasons. Late fees will be applied for children not picked up before this time. Parents regularly picking up late will incur a late fee. (Of course we understand that emergencies happen) Five minutes late will incur a charge of \$10 with charges being increased each 5 minutes.

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. (We have had children thinking someone else's lunchbox or drink bottle is theirs)

*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.

*Sun hats and apply sunscreen each morning, either using Preschool's sunscreen or at home.

Working Bee

Our second working bee for the year was on Sunday 10th September. Thank you to families and staff that attended. What a lot you achieved in a few short hours! The last one for the year will be on Saturday November 11th. Remember that attendance at one working bee for the year will get you a refund of your \$30 Maintenance Levy.

New Garden Area

You will have noticed our new garden bed that was done at the last working bee. (thank you to all that helped) Melissa (Jinty's Mum) has planned this garden space for us and has helped the children put some plants in there. We are after some other plants to go in there as well, Melissa's suggestions are for some other clumping plants, such as Agapanthus that people may be dividing up at this time of the year. Donations would be appreciated and the children would enjoy planting them.

We will also begin putting some more seedlings back into our other garden beds next term if anyone has any extra seedlings that they would like to donate. Either vegies or seedlings will be fine.

Washing Roster

Our washing roster is working well. Families with children attending Tuesday's and Thursday's will be receiving the washing in this next term. Washing will be given to families at the end of the Thursday session. We ask that you wash them and fold them in half to be returned to Preschool in the following week. Thank you to all families that have helped by taking a turn with our washing this year.

Children's Play and Program

Families attending Jindera Preschool will all be aware of our Preschool's Philosophy of allowing children to challenge themselves and to take acceptable risks. I found this article on Kidsafe NSW and thought that it explains clearly many of our beliefs. If you would like to discuss this further or it raises any concerns with you, please do not hesitate to discuss it with your child's teacher. Of course the challenges and risks we allow the children to experience depends on the ages and stages of individual children.!

Challenging Play - Risky!

Children both need and want to take risks in order to explore their limits, venture into new experiences and for their development. Any injury is distressing for children and those who care for them, but the experience of minor injuries is a universal part of childhood and has a positive role in child development.

An ideal environment for developing and testing skills in safe, creative play environments. Children need opportunities to:

- Develop skills in negotiating the environment (including risks);
- Learn how to use equipment safely and for its designed purpose;
- Develop coordination and orientation skills;
- Take acceptable risks; and
- Learn about the consequences (positive/negative) of risk taking



Risk does not always have a negative outcome. Many positives can come from taking risks. Therefore, it can be helpful to think of risk as being divided into two components:

- **A CHALLENGE:** something obvious to the child where he/she can determine their ability and decide whether to take that risk
- **A HAZARD:** something unseen or not obvious to the child that often results in injury!

Both are RISKS!

Some hazards may have value in that they can be an opportunity for learning.

Try to avoid treating each potential hazard with the same degree of seriousness. Consider:

- Which hazards need to be modified or removed?
- Which hazards might be acceptable or desirable because they create opportunities for children to gain access to potential benefits?
- What hazards need to be created to enhance children's opportunities to gain potential benefits?
- What is to be done about identified hazards, if anything?
- Can this hazard actually be reframed and managed as a challenge?

Managing risk and challenge



Effective risk assessment and management requires:

- Distinguishing between acceptable and unacceptable risks including:
 - The likelihood of coming to harm;
 - The severity of that harm; and
 - The benefits, rewards or outcomes of the activity.
- Observing the children and identifying those who need greater challenge or specific support
- Establishing and displaying expectations for behaviour
- Actively encourage children to assess risks and possible consequences
- Establish a systematic maintenance program

Benefits of Risk Taking

When considering the benefits, rewards or outcomes of the activity you may include the following:

- Pleasure
- Development of self-confidence and well-being
- Engagement with the natural environment and natural elements
- Learning through experience
- Mixing between different age ranges

By weighing up the positives as well as the negatives of a risk in a playground, providers are more likely to be able to provide for managed risk which is engaging, developmentally appropriate and beneficial for children of all ages.

Below are some information blurbs from our Munch and Move program support service.

A Quick Bite ...

A community that supports safe active travel

Your local council and Roads and Maritime Services (RMS) need your input into active travel in your community. This will help make active travel an easy, healthy and safe choice. Some things you can do:

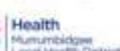
- Contact your local council if you see paths that are broken or unsafe, or if you have ideas about improving the footpath or cycle path network.
- Contact RMS or your local council if you have concerns about safety at certain crossings—this could be because of vehicle speeds, volume of traffic; difficulty crossing wide roads etc.,
- Contact RMS or your local council about road signage or speed zones around schools, early childhood education and care services or your local neighbourhood to make active travel safer for your children.



For contact details:

- ⇒ www.rms.nsw.gov.au
- ⇒ www.olg.nsw.gov.au

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



A Quick Bite ...

4 ways to start active travel

It can be hard to start something new and turn it into a habit. Active travel can be tricky to start and for some who live a long way from work or school, it can seem impossible. Maybe a portion of the journey could be active just by parking the car and walking the rest of the way. Some good ideas to start the wheels turning and feet stomping are:

- Walk to school day: Fri 18 May 2018, www.walk.com.au
- Ride to School Day: date TBC ~ Mar 2018, www.bicyclenetwork.com.au
- WOW (Walk-Wheel Once a Week): Once you've managed the annual Walk or Ride to School day, graduate to walking or wheeling once a week (or more).
- Park and Walk: This encourages driving part way, parking and walking the remainder of the journey

For more information on these visit:

www.healthykids.nsw.gov.au/campaigns-programs/childrens-active-travel.aspx



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



A Quick Bite ...

Safe active travel

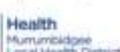
If your child is walking, cycling or scooting to school or early childhood education and care, ask them to:

- Hold a grown up's hand when walking on paths, crossing roads or in car parks.
- Stay on footpaths, shared paths or if needed, roads, with low speed limits.
- Cross roads at traffic signals, zebra crossings or other points where traffic slows and use refuge islands.
- Stop! Look! Listen! Think!
Be sure to check and double check all traffic directions before crossing to ensure it is safe to cross roads.
- Make eye contact with drivers before crossing roads.



For more information visit:
www.safetytown.com.au

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



A Quick Bite ...

Struggling to pack a healthy lunchbox?

Lunchboxes should include a range of food from the 5 food groups. You may need to pack food for: crunch & sip, morning tea and lunch.

A water bottle should always be packed.

Some suggestions include:

Crunch and Sip: whole or cut up pieces of fruit or vegetables.

Morning tea: yoghurt, plain popcorn, cheese and crackers, vegetable sticks and dip, fruit, fruit loaf, savoury pikelets.

Lunch: sandwiches (lean meat / tuna + salad), left overs from the night before if possible, rice paper rolls, sushi rolls, boiled egg and salad, tuna / zucchini slice.



Other lunchbox suggestions available here: <http://www.mihd.health.nsw.gov.au/services/health-promotion-1/children/life-s/lunch-box-serving-suggestions>

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

