

East Lismore Community Preschool Newsletter

Week 7, Term 1 2020

We encourage each family to participate in the preschool community and support and welcome their interest and involvement.

Philosophy Excerpt

PRESCHOOL ASSOCIATION COMMITTEE

At the recent AGM, our 2020 Preschool committee was formed.

President: Gemma Speers

Vice President: Mandy Rheuben

Treasurer: Gail Keeling

Secretary: Theresa Blanch

Committee Members: Sharna O'Driscoll, Kate McMurray, Sonya McPherson

PRESCHOOL NEWS

We would appreciate if all families could bring in a family photo to put on our Family Tree.

Alternatively you could email a photo and we can print it out.

Email: allstaff@eastlismorepreschool.com



PRESCHOOL NEWS

Do you have spare unwanted clothes/towels — We would welcome donations of any preschooler sized clothes (size 3-6). Also any towels that you no longer need that we can use to help dry children after water play etc would be greatly appreciated.

Fee Increase — At the recent committee meeting, the fees were finalised for 2020. The fees levels are \$11 for equity children, \$23 for non equity 4 year olds and \$28.50 for non equity 3 year olds. The fee increase for equity children will apply from the April statement.

Craft supplies— In each room you will find a basket for collage donations. As part of our sustainability practices, we would love to recycle your boxes, paper, cardboard tubes (no toilet rolls please), material or anything else that might be useful.



PRESCHOOL CALENDAR

19th March —

[Preschool Committee Meeting 5.15pm](#)

9th April —

[Last Day of Term 1](#)

27th April —

[First day of term 2 for children](#)

5th May—

[Movie Night Fundraiser— "Misbehaviour" at Lismore Birch Carol and Coyle Cinemas](#)

3rd July—

[Last day of term 2 for children](#)

4th July—

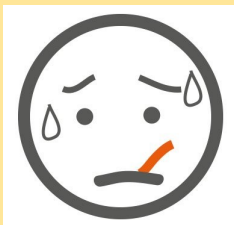
[Bunnings BBQ Fundraiser](#)

20th July—

[Pie Drive Order Forms distributed](#)

Quality Area 2—Effective Illness Practices

COVID—19



Consistent with our current policy, all children and staff who are unwell should stay away from Preschool until they are better or any isolation period has passed. As per our current policy, parents will be contacted if their child becomes unwell during the preschool day.

In relation to **COVID—19**, a detailed procedures policy is currently being developed for our centre as new information becomes available.

We ask that families follow the travel restrictions and other advice as per the Department of education guidelines. <https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>

The latest updates on COVID 19 can be found at <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

We are committed to maintaining good hygiene standards here at Preschool. This includes appropriate and frequent handwashing. This is part of our everyday programming here at preschool.

A MESSAGE FROM OUR NOMINATED SUPERVISOR

Dear Parents and Families,

The wellbeing of the children in our care is our top priority. Part of creating an environment where the children can thrive in their health and wellbeing is the food they eat each day. During mealtimes we sit with the children and look at our healthy hearts and discuss sometimes food and everyday food. Part of what we would like to encourage is for the children to be bringing healthy, non- packaged food to pre-school each day. The reasons for this are twofold. The first being that fresh, whole foods are healthier than packaged, processed foods and the second that we are trying to reduce the impact we have on the environment by reducing rubbish. We find that a great way to pack fresh, healthy rubbish free food for the children is to use the bento style lunch boxes, these are great as there is only one lid for the children to open and there is no need for individual packaging of foods. When the children have lots of little containers to open it can be hard to keep track of them and difficult for the children to be opening and closing many containers.

Please do not send the pouch style yoghurts as they cannot be recycled and go straight to landfill. Any packaging that has silver lining can only be put in the red bin- at preschool we call this the bin of no return. As we head towards being a pre-school that produces little to no red bin rubbish, we will be sending all rubbish home that cannot be either recycled or composted.

We have received some brown paper bags with information about healthy lunchboxes from Munch and Move and will be sending these home with children.



At preschool next week we are celebrating Harmony Week (15th-21st March). We believe that every child and family has their own culture. We want to celebrate these cultures together throughout the week. If you have a family tradition, or part of your culture you would like to share at preschool please come and talk to one of the teachers. It could be reading a story, cooking, making something with the children, playing music or dancing. The sky is the limit. We would love to show children that each familys diversity and uniqueness is exciting and something to be celebrated.

QUALITY AREA 2

EMERGENCY PROCEDURES



During the last couple of weeks, we have been practising our fire drills and evacuations at preschool. It is important practise for the children to know what to do in an emergency.

At the training the staff had early term 1, we were challenged about the safety measures in our homes. For information about what you can do to help improve safety at home please visit: www.fire.nsw.gov.au



We thoroughly enjoyed our fire engine visit on Thursday 27th March.



PRESCHOOL MORNINGS

Signing in/out—Just a reminder to families to please remember to sign your child in and out of the preschool on the sign on sheets in the room. When we are outside the sign on sheets can be found on the shelf at the bottom of the ramp.

What to bring— Just a reminder of some important items to pack in your child's bag for preschool.



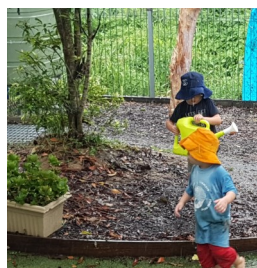
A labelled piece of fruit or vegetable with a snack such as cheese, yoghurt, dip or crackers – place in basket on



A labelled drink bottle of water – to place in esky in preschool room



A hand towel – with a loop on one end to hang in the bathroom for drying hands.



The wet weather has provided many opportunities for outside play to be muddy and moist



There has been a lot of interest in Marble Runs in the Lilly Pilly Room. This is the latest Marble run creation on the wall.

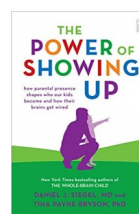


QUALITY AREA 6

PARENTING RESOURCES



We have a selection of parenting resources available in our Preschool Library for our families to borrow.



*Book Review
By Lesley*



The Power of Showing Up

Definitely worth picking this book up and delving into the content. What a delight for our children when we are physically present, as well as providing the QUALITY of presence. This book sheds like on how bringing our whole being—our attention—our awareness, creates a strong parent-child relationship.

The section on 'attachment science' gives a deeper understanding of how a child's brain is wired and how this then shapes who they become. I found this section extremely interesting.

Even if you are not a 'reader' of such books, I truly recommend you please give this a good look, even if you just choose sections of interest at first and then you will probably find yourself reading the whole book.

To be able to create more caring communities and safe harbour for children we need to offer our children—NOW—our compassion and empathy, our time, our attention, our optimism so they then in turn are able to navigate through their own journey in life so they can provide the SAFE, SEEN, SOOTHED and SECURE* environment for their children. (*explained in the book)

"Our most important task as parents is raising children who will be decent, responsible and caring people, devoted to making this world a more compassionate place."
- Neil Kurshan, "Raising Your Child to be a Mensch"

We have been learning keyword sign at preschool

You could practice at home with your preschooler some of the keyword signs we have been learning.



Toilet

Fingerspell "T" quickly, twice, dominant index finger on edge or middle of non dominant hand

Finished

Extend dominant thumb, fingers closed. Rock hand formation from side to side



EAST LISMORE  COMMUNITY PRESCHOOL

MOVIE NIGHT FUNDRAISER

TIX
\$25EA
INCL. 2 DRINKS +
NIBBLIES UPON
ARRIVAL



TUESDAY, 5TH MAY

DOORS 6PM | FILM 7PM

TIX AVAILABLE FROM EAST LISMORE PRESCHOOL OFFICE

**A NIGHT FULL OF FUN, LAUGHS,
LUCKY DOOR PRIZES & GREAT COMPANY!**



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