

Staff Arrangements for Term 3



Upcoming Dates

Preschool will close for 4 days from Monday 3rd September to Thursday 6th September for staff to attend the annual staff training conference "Mobile Meet".

Committee News

Our preschool is run by a parent Management Committee. This means that a group of people are elected each year to make decisions about the service and oversee its running. Without the Committee the service cannot operate. All parents are welcome and encouraged to attend meetings to have an input to the service their children attend. Meetings are informal and children are welcome.

Next Meeting

Our next meeting will be held on Tuesday 21st August 2012 at 10.30am at our base 3/5 Anlaby Street Maitland.

During term 3, there will be some staff changes at some of the venues. Alex will be starting the practical part of the Certificate III in Children's Services and she will be absent from Monday 27th August until Friday 21st September. While Alex is away, we will have regular relief staff. We are also hosting a university student, Louise Stephen, for a 5 week period from 25th August.

The staffing will be as follows:

Mondays and Fridays at Gresford – Michelle, Ellie Turner (relief staff), Louise Stephen (student)

Tuesdays at Mulbring – Michelle, Paula, Louise Stephen (student)

Wednesdays and Thursdays at Lochinvar – Michelle, Paula, Sharon Chapman (relief staff), Louise Stephen (student)

Mobile Meet

Mobile meet is an annual conference for all mobile children's services that allows us to network with, and be provided with peer support from other staff and services. We attend meetings for our service type (preschool) and our region (Hunter) to discuss issues and ideas. We attend professional development training that is designed for mobile services; have the opportunity to participate in the development of public policy. We can purchase, and learn to make practical resources that the children of our service will benefit from with the program. Our main goal is to gather as much relevant, up to date information there is to further improve our service. Mobile Meet is a once a year opportunity for staff to interact with other people engaging in similar situations.

There are currently 100 mobile services within NSW. These services include:

- Mobile preschools (35 services like ours in NSW)
- Community access mobile minder services
- Mobile child care services
- On farm care mobile services
- Remote area mobile play session services
- Urban area mobile play session services
- Early intervention mobile services/family support
- Mobile toy libraries
- Occasional care mobile services
- Community development mobile services

Staff will be attending from Monday 3rd September to Thursday 6th September. Preschool will be closed for those days. Fees will not be charged.

Preschool Reminders

- Staff have noticed that some children are not coming to preschool dressed appropriately for the season. It is winter and it is cold, so please ensure your child is wearing or brings along a jumper.
- It is important that every day your child attends preschool that they have a FULL CHANGE OF CLOTHES, INCLUDING SOCKS in their bag.
- Please make sure your child has a hat every day they are at preschool, every day of the year. It is just important to have a sun hat during winter as it is in summer. Preschool hats are available from staff for \$12 and we have pink, purple, blue and green.

Staff Absences Policy

We have recently developed a Staff Absences Policy. This included what steps we should take if a staff member became sick or injured or while at preschool.

If a staff member had to leave preschool for any of the above reasons, we would need to call a person in to assist staff at preschool for the remainder of the day, or in extreme circumstances, until all families could be contacted to collect their child.

We are asking for your help. We need someone from each venue, who lives close by or is readily available on preschool days to be our contact person. If you are in a position to be able to help if this ever happens, please see the staff at your venue.

Good Food Choices

Part of your child's preschool experience is education about good food choices for our teeth and bodies. We educate the children through our programs and the families through our newsletters, notice boards and handouts.

Remember, the guidelines from Good for Kids that we follow at preschool are:

<p>Per 100g Fat – LESS than 20g Saturated Fat – LESS than 5g Sugar – LESS than 15g Sodium/Salt – LESS than 600mg</p>

Food choices that we make, may fit within these guidelines, but are discouraged because of the nature of them. These foods may be a dental issue. Examples of foods that aren't accepted at preschool under these rules are chocolate, sweet biscuits, roll ups and fruit sticks

Hunter Mobile Preschool Staff

Sarah, Leanne, Michelle, Bek, Paula, Alex & Liz

LUNCH BOX IDEAS



A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child's lunch box is, it won't provide any nutritional value if it doesn't get eaten!

The solution is to make packed lunches as interesting and nutritious as possible – and to encourage your child to be involved in filling their own lunchbox from a range of healthy options. It doesn't have to be difficult, time-consuming or expensive. For example; sandwiches and rolls – a favourite among lots of kids – are simple and easy to prepare. Here are some simple, tasty and nutritious ideas for you to try when preparing your child's lunchbox.

WHAT TO PUT IN THE LUNCHBOX:

A good helping of fruit and vegetables

Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich.

Starchy food

like bread, rice, potatoes and pasta. Have a variety to choose from, such as wholegrain, wholemeal or high fibre breads, such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice; or tricolour pasta.

Lean protein

like tuna or salmon (fresh or canned in spring water or oils such as canola, sunflower or olive oil); boiled eggs; beans; or lean meat such as beef or chicken

Reduced fat dairy food

like reduced fat yoghurt, reduced fat cheese or reduced fat milk

A bottle of water

to keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

Healthy choices

look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

Nutritious snacks

such as small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.

And remember: Even though there may be a food that comes within the healthy food guidelines that we have adopted, they should only be included occasionally, not every day.

PRACTICAL TIPS:

Include a frozen bottle of water during summer. It will still be cold at lunchtime and keep the food cool too.

During hot weather, avoid milk, yoghurt, fish or meat in lunches, unless they are packed in a good-quality cooler with an ice pack/frozen water bottle (to prevent food poisoning).

Wash and dry salad vegetables thoroughly to avoid 'soggy sandwiches'.

Don't forget a spoon when packing yoghurt or tubs of fruit (otherwise it will end up on the floor or on your child's clothes).

For busy families, prepare lunchboxes and sandwiches the night before and store them in the fridge to ensure your child always has a healthy lunch with them.

Wash, rinse and thoroughly dry lunchboxes after every use to keep them safe and clean.

WHEN IT JUST ISN'T WORKING:

If your child doesn't eat their lunch, ask yourself:

Is the lunch box wrong? Your child might prefer a brown paper bag or the latest type of lunch box.

Is lunch boring? Try to pack a different lunch every day. For younger children, try cutting the sandwiches in different ways. Is it too much? If so, offer smaller servings. Half a sandwich might be more appropriate than a whole one.

Is it too fiddly? Some children are put off by fiddly packaging or don't like getting sticky hands. Try removing the orange peel or cut a kiwi in half and add a spoon.