



# Hunter Mobile Preschool

May 2015  
**Newsletter**



## Recent Storms

We thank you for understanding during the storms that ravaged our areas. During this time, staff were unable to get to the office to contact families by phone or email. We tried our best to keep the Facebook page updated with information about venues closing, but staff also had no power and limited network access at their homes. In the unlikely occurrence that such weather conditions recur or other significant events cause preschool to close without notice and no one can get to the base to contact families, our staff will always try to keep the Facebook page current with information. We ask that families send us a friend request at [www.facebook.com/hmp.staff](http://www.facebook.com/hmp.staff) in order to see any information we may need to let families know about.

## Clothing for Preschool

Please ensure your child has spare clothes in their bag every day they are at preschool. As the weather changes, it is also important that the children have clothes that suit the season. Please be aware of the type of footwear your child is wearing to preschool. For their safety while playing, especially climbing, they should be in a covered shoe like joggers, not thongs. If your child is wearing gumboots during the morning, for the trip to preschool, please think about putting in some more suitable shoes for their preschool experiences.



## Product Recalls

Kidsafe NSW regularly updates our website to reflect current child related product recalls and safety alerts. These recalls and safety alerts are issued by the ACCC on the Product Safety Recalls Australia website.

[www.kidsafensw.org/recalls-and-safety-alerts/](http://www.kidsafensw.org/recalls-and-safety-alerts/)

## Preschool Fees

We ask as always that your preschool fees are kept up to date. As we are a Community Based, Not-for-Profit service that is only partially funded by the government, we rely heavily on the payment of preschool fees to enable us to keep offering this service. If you are having trouble paying your fees, please speak to one of the staff at your venue or call Liz in the office on 0249346725.

## Mother's Day



We hope that all Mums had a wonderful Mother's Day with their families, and that you were all spoiled like you deserve to be.

## Next Committee Meeting

Our last Committee Management Committee Meeting has been postponed until Monday 25<sup>th</sup> May at 10.30am. It will still be held at the base (3/5 Anlaby Street Maitland). We encourage parents to come along and have some input into how your service operates. Children are most welcome and morning tea is provided.

## Cessnock Library Visits



Sandy from Cessnock library will be visiting Mulbring, Wollombi, and Millfield during June. This is a free service provided by the Cessnock library, and we always look forward to her visits.

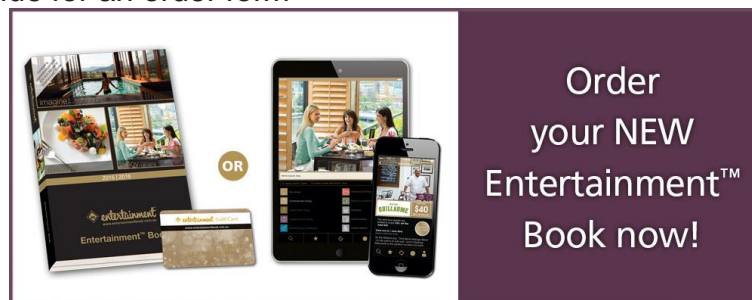
**Please remember to check your child's preschool pocket /folder morning AND afternoon!**

**Thank you ☺**

## Entertainment Memberships

We are fundraising again this year with Entertainment Memberships. Entertainment Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more! Available as a traditional Entertainment Book OR the new Entertainment Digital Membership for your Apple or Android device, your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2016! Order your new 2015 | 2016 Newcastle, Central Coast and The Hunter Entertainment Membership from Hunter Mobile Pre-School and 20% of your Membership purchase goes towards our fundraising!

To order click the link below, go to <https://www.entertainmentbook.com.au/orderbooks/912011w> or see the staff at your venue for an order form



*Relax ~ Enjoy ~ Unwind*

At most of our venues we are now incorporating a relaxation time into our day. Learning how to still our bodies and minds can be a difficult concept but it has many benefits that last a lifetime.

Yoga and meditation are great for de-stressing, no matter what age. Children's bodies benefit greatly from relaxation. Here are some of the many benefits:

- it helps relax muscles
- calms the nervous system
- helps boost the immune system
- assists children's sleep patterns
- sharpens concentration
- promotes positive thinking, creativity and imagination.
- improves memory
- improves self- confidence and self- esteem

While some children do fall asleep during this time, it is not a sleep time and the children are not encouraged to sleep, simply to recharge to enjoy the rest of their day.

Including relaxation into our day also ensures we are including the National Quality Standards - Quality Area 2.1.2 and Early Years Learning Framework Learning Outcome 3.1 & 3.2. More information about The National Quality Standards and the Early Years Learning Framework can be found at: <http://www.acecqa.gov.au/national-quality-framework/the-national-quality-standard> and <http://www.education.gov.au/early-years-learning-framework>

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## The benefits of Play by Laurel Bongiorno

(An abbreviated version, full article can be read at: <http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play>)

### Children learn through their play - children learn and develop:

- Cognitive skills – like math and problem solving in a pretend grocery store
- Physical abilities – like balancing blocks and running on the playground
- New vocabulary – like the words they need to play with toy dinosaurs
- Social skills – like playing together in a pretend car wash
- Literacy skills – like creating a menu for a pretend restaurant

**Play is healthy:** Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

**Play reduces stress:** Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

**Play is more than meets the eye:** Play is simple and complex. There are many types of play: symbolic, socio dramatic, functional, and games with rules – to name just a few.

**Make time for play:** As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

**Trust your own playful instincts:** Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

**Play is a child's context for learning:** Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. Play provides rich learning opportunities and leads to children's success and self-esteem.



### Hunter Mobile Preschool Staff

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