



Hunter Mobile Preschool

June 2015
Newsletter



2016 Enrolments

With many changes to funding in the Early Childhood sector happening at the moment, and an uncertainty of how we will be funded in the near future, we are beginning a business plan for the next couple of years. This will mean that we will be starting to gather enrolment information for next year earlier than we normally would. This will begin with a list of our current children at each preschool venue for the families to indicate their plans for next year, before we start filling positions with children on the waiting list. Speaking of the waiting list, please make sure we have details for younger children who may be eligible to start with our service in the new year and beyond. These names assist us to gauge a venue's viability during our planning.

Preschool visits



Next term Gresford and Lochinvar will have a fun and educational dental hygiene presentation by Margo Dibbles, an experienced dental nurse from Pacific Smiles Dental.

The presentation introduces children to the basics of oral hygiene, and prepares them for a visit to the dentist. The children are introduced to correct brushing techniques, nutrition, and basic oral hygiene practices. The children will have the opportunity to 'dress up' in gloves, masks and gowns, and put their new found knowledge into practice. Each child will be given a goodie bag to take home at the end of the session. Margo will visit our other venues during term 4.



Next term will also see all venues getting a visit from the 'Living Safely with Dogs' Program.

An expert handler and their trained dog will visit our preschools, displaying safe practices around dogs in order to prevent dog attacks. Notes to families about these visits will be coming home shortly.

End of Term 2

We are almost half way through the year and term two is almost finished. The last days of this term for each venue will be:

Mulbring 23rd June
Gillieston Heights 23rd June
Wollombi 25th June
Lochinvar 25th June
Gresford 26th June
Millfield 26th June

We then have two weeks school holidays and term three will start on Monday 13th July.

Please ensure your fees are up to date by the end of the term. If you are having trouble keeping on top of fees, please either speak to the staff at your venue or ring Liz in the office on 49346725.

Next Committee Meeting

The next Management Committee Meeting will be held on Monday 20th July at 10.30am at the base, 3/5 Anlaby Street Maitland. Please come along and have some input into how your child's preschool service operates. Morning tea is provided and children are welcome.



Earn and Learn

The Woolworths Earn and Learn program is back this year! Through this program we will be able to get new educational resources for our preschool– and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 15th July to Tuesday 8th September, we will be collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent. Please collect these stickers and place them in the Collection Box that will be at each venue.

If you'd like to know more visit www.woolworths.com.au/earnandlearn

Policy Review

Our services policies guide our daily practices, and the information we provide to our families. These policies need to be reviewed on a regular basis to ensure they are up to date, and on par with the latest research. We have updated the process of how we will review these.

1. Staff have 1 week to review and make amendments.
2. 6 families (one from each of our venues), and of our committee members will be emailed the policy, and will have 2 weeks to make any comments or suggestions. We ask that any replies be made through our email address; lhactivityvan@bigpond.com
3. Staff will discuss any comments or suggestions made, and will add these to the draft policy to be presented to the management committee at the next scheduled meeting.
4. The policy will be finalised at the meeting, and approved for use.
5. All families will be informed of the changes through the noticeboards at preschool.



Healthy food choices

Young children require energy to help them grow, develop and reach their maximum potential. Snacking can be a useful way of ensuring that young, growing bodies are meeting their energy requirements. However, to avoid predisposing children to developing a preference for foods that are unhealthy, it is important that the snack foods you provide are healthy, and low in sugar, fat and salt.

Staff have noticed there have been many packaged foods at preschool that do not come within our nutrition policies guidelines. Suitable packaged foods for preschool need to come within the following:

Less than 20 grams of fat per 100g, and less than 5 grams of saturated fat per 100g.
Less than 15 grams of sugar per 100g (or less than 7.5 grams per 100g if a drink)
Less than 600mg of sodium per 100g (or less than 300mg per 100g if a drink).

Stuck for healthy snack ideas? Why not try some of the following?

- Fresh fruit such as apples, grapes, strawberries, mandarins, pears, plums, apricots, bananas, kiwi fruit, nectarines and oranges
- Carrot, zucchini or celery sticks combined with healthy dips e.g. hommus or mashed avocado
- Tinned fruit in natural juice
- Small quantities of dried fruit (e.g. sultanas, dried apples, dried apricots)
- Fruit salad with yoghurt or custard
- Yoghurt or custard
- Yoghurt sprinkled with muesli and fresh or tinned fruit
- Cheese slices or cheese sticks either on their own or with low fat crackers
- Rice cakes with low fat toppings such as vegemite or ricotta cheese
- Vegetable pikelets or savoury scones made with grated vegetables and added cheese
- Hard-boiled eggs
- Small tins of baked beans or spaghetti

Sourced from: www.careforkids.com.au & www.goodforkids.nsw.gov.au

10 best phrases to teach resilience to your kids

<p>1 </p> <p><i>Goal</i> Humour</p> <p><i>Phrase</i> "Come on, laugh it off"</p>	<p>2 </p> <p><i>Goal</i> Contain thinking, perfectionism and anxiety</p> <p><i>Phrase</i> "Don't let this spoil everything"</p>	<p>3 </p> <p><i>Goal</i> Distraction</p> <p><i>Phrase</i> "Let's take a break"</p>	<p>4 </p> <p><i>Goal</i> Handling worry and asking for help</p> <p><i>Phrase</i> "Who have you spoken to about this?"</p>	<p>5 </p> <p><i>Goal</i> Offering hope</p> <p><i>Phrase</i> "I know it looks bad now but you will get through this"</p>
<p>6 </p> <p><i>Goal</i> Positive reframing</p> <p><i>Phrase</i> "What can you learn from this so it doesn't happen next time?"</p>	<p>7 </p> <p><i>Goal</i> Acceptance</p> <p><i>Phrase</i> "Don't worry – relax and see what happens!"</p>	<p>8 </p> <p><i>Goal</i> Perspective</p> <p><i>Phrase</i> "This isn't the end of the world"</p>	<p>9 </p> <p><i>Goal</i> Flexible thinking</p> <p><i>Phrase</i> "You could be right. But have you thought about ..."</p>	<p>10 </p> <p><i>Goal</i> Taking action</p> <p><i>Phrase</i> "What can we do about this?"</p>

kidspot

Visit <http://www.kidspot.com.au/10-phrases-you-hear-in-resilient-families-are-you-using-them/> to read more

Hunter Mobile Preschool Staff

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