



# Hunter Mobile Preschool

February 2018  
**Newsletter**



## Venues, Days & Times

**Vacy Monday/Thursday**

**9.00am – 3.00pm**

**Gresford Tuesday/Friday**

**9.00am – 2.45pm**

**Gillieston Heights**

**Monday/Tuesday 9.00am –  
3.00pm**

**Lochinvar Wednesday/Thursday**

**9.00am – 2.45pm**

**Cessnock East Monday/Tuesday**

**9.15am – 2.45pm**

**Wollombi Wednesday/Thursday**

**9.45am – 3.15pm**

**Millfield Friday**

**9.30am – 3.00pm**

**OSHC Gresford**

**Monday/Tuesday/Wednesday/  
Thursday/Friday**

**AM 7.00am – 8.30am**

**PM 3.00pm-6.00pm**

## Congratulations!!!!

Congratulations to Alex and Mitch on the safe arrival of their first child. Archie Thomas was born on 12 February 2018 weighing 8 pound 10 ounces and 50cm long.



## Welcome

We would like to extend a warm welcome to our new families, and a cheerful welcome back to returning families. We are looking forward to a busy year. We would also like to welcome two new members of staff this year, Ben Hayter and Natalie Towndrow. Ben is filling in for Alex while she is on maternity leave, working with Jacquie at Vacy & Gresford, and Nat is working with Leanne at Cessnock East & Wollombi.

## Annual General Meeting

When: Tuesday 20<sup>th</sup> March 2018 @ 10.30am

Where: 3/5 Anlaby Street Maitland

Last year the preschool came close to closing as we did not get enough volunteers attend to form a committee. All of our management committee positions become vacant at the AGM and any parent or interested community member is eligible to stand for office. As a not-for-profit service, we can't operate without a management committee.

The committee undertakes a governance role in the service. As such it oversees and makes policy decisions regarding the future direction of the service. The committee also oversees the work of the Coordinator, which is appointed to manage the day-to-day operations of the service.

Positions available will be: President, Vice President, Treasurer, Secretary, Venue representatives, and Ordinary members.

Morning tea, and activities for children provided.

Each family will receive a note, which has a cut off section (as pictured below). Please return this to preschool once completed, so we have numbers to cater for.

✂-----

Name: \_\_\_\_\_

Venue: \_\_\_\_\_

I will be at the Annual General Meeting on Tuesday 20<sup>th</sup> March

I am unable to attend the AGM

I would like to be nominated for a position on the preschool Management Committee

Position \_\_\_\_\_

## Our New Venue

We are excited that our newest venue, Cessnock East is up and running. It operates on Monday & Tuesday in the grounds of Cessnock East Public School from 9.15am – 2.45pm. We appreciate any help spreading the word about our service. Venue days and times are on the front page

## Healthy eating at preschool

We encourage healthy eating at preschool. Our healthy eating guidelines are being taken from the 'Good for Kids' program that was developed by Hunter New England Health. Please start to look at the nutrition panels on packaged foods as they will need to fit into the following guidelines to be eaten at preschool.

**When buying packaged foods, aim for foods with no more than:**  
**20g FAT PER 100g – Products with less than 10g fat per 100g are best.**  
**5g SATURATED FAT PER 100g - Products with less than 3g fat per 100g are best.**  
**15g SUGAR per 100g**  
**600mg SODIUM PER 100g – Products with less than 400mg per 100g are best.**

## Fees

Thank you to all the families that are making regular fee payments. If you are paying at the venue, please make sure that you fill in a fee slip and get it checked by a teacher before it goes in the fee tin. If you are paying by internet banking, please ensure you put your CHILD'S name as the reference so we know who to apply the payment to.

Our service is a not for profit organisation that is only partly funded by the NSW government. We rely on preschool fees to keep the service operating. Please ensure that your child's fees are kept up to date. If you are having trouble paying fees, please call Liz in the office on 49346725 or speak to one of the staff at your venue.

## Reminders



When dropping off and collecting your child, you must always sign in & out. These are records we are required to keep in order to comply with our licencing agreement with the Department of Education.



The doors at each venue will remain closed until the start time. This allows staff to safely set up the environment ready for the day and for us to abide with the conditions of our licence.



It is also important that your child is signed out, packed up and collected by the finish time. If your child is still under our care after our finish times, we are in breach of our licence which can result in fines for the service or the possibility of having our licence revoked. Also, staff need this time to safely pack away at the end of the day.



## Are you on Facebook?

Our Service has a Facebook Page. If you are on Facebook, look us up under **HunterMobile Preschool** and send us a friend request. Please also share us with your friends.

We post every week during the school term. Topics covered are reminders, quotes, service history, staff information, what's happening at preschool/photos, venue information, dates and upcoming events.

## Preschool Hats

Our adjustable hats are available in 2 sizes, small 51-55cm, and large 56-60cm. They are \$12 each, and come in pink, purple, light green and electric blue. If you are interested, please see the staff at your venue. We have placed a new hat order, so if we don't have what you want now, we will do in the near future.

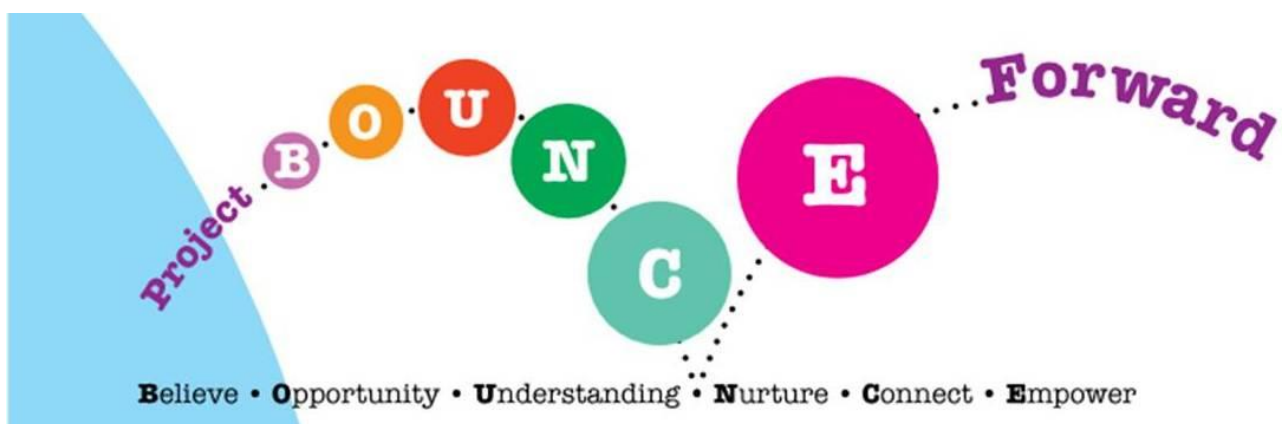


## Disaster and Emergency Planning

Would you and your family know what to do in an emergency? Would you know who could help you? Would you know where you could go to be safe or where to get information? Often in an emergency we turn to those closest to us – our family, neighbours and friends.

When disaster strikes we need each other: so the time to build those connections is now. This week we will be encouraging all our families to start those conversations, talk with your family and neighbours, talk with us and others in your community about how we can all be prepared together.

We will be sending home information and resources supplied to us by Dungog Shire Council to each family to help with these conversations so we can all support each other.



## Hunter Mobile Preschool Staff

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



## FREE Triple P Seminars

There's no such thing as 'one size fits all' when it comes to parenting.

Triple P is an approach to parenting that emphasises the positive.

We can help you -

- Encourage behaviour you would like from your child
- Deal consistently and decisively with problem behaviour
- Take the stress out of parenting

**When:** Wednesday 14 March and Wednesday 21 March

**Time:** 10.00 am - 12.00 pm

**Where:** Samaritans Information and Neighbourhood Centre

198 - 202 Vincent St, Cessnock

*To book a place or for more information please phone*

**CESSNOCK FAMILY SUPPORT SERVICE**

**Phone: 4990 4507**



Cessnock Family Support Service

