



in partnership with families and the community

## Newsletter - Term 1, Week 4, 2024

*Welcome to all of our families!*

### Our staff for 2024

**Annie – Early Childhood Teacher** Monday/Tuesday and Thursday/Friday

**Alex – Early Childhood Teacher** Tuesday/Wednesday and Thursday/Friday

**Sophie – Early Childhood Teacher** Monday/Tuesday/Wednesday

**Sue – Educator** Monday – Friday

**Connie – Educator/ Inclusion Support Mentor** Tuesday – Friday

**Danielle – Educator** Tuesday/Wednesday

**Jo– Educator** Monday/Tuesday and Thursday/Friday

**Karah– Educator** Monday/Tuesday and Thursday/Friday

**Kerrin – Educator** Monday/Wednesday

**Libby – Educator** Monday/Wednesday and Thursday/Friday

**Madi – Educator** Monday/Tuesday/Wednesday

**Simone- Educator** Tuesday – Friday

**Tonille– Educator** Thursday/Friday

**Jordan - Grounds** Monday – Friday

**Cathy – Administration** Monday – Friday

**Cathleen– Director** Monday – Thursday, Tuesday - Friday



### LUNCH BOX IDEAS

Please provide a lunchbox with enough healthy food for two mealtimes and some fresh fruit or vegetables for our morning snack. Sandwiches and last night's dinner are all good choices and help us reduce rubbish.

Chocolate treats, lollies and chips are classified as sometimes foods and not recommended as part of children's daily food intake.

The Cancer Council has lots of great ideas for healthy lunchboxes and an interactive lunch box builder at <https://healthylunchbox.com.au/> The recipes are family friendly, packed full of fruit, vegetables and whole grains, and use only simple budget friendly ingredients.



**Please avoid thermal lunch boxes where possible as the fridges are getting very crowded.**

| Bega Preschool 2024 TERM DATES        |                          |
|---------------------------------------|--------------------------|
| Term 1: 30 January – 12 April 2024    |                          |
| 29 January                            | Staff set-up day         |
| 30 January                            | First day for children   |
| 26 February-8 March                   | Family-Teacher Meetings  |
| 20 March                              | A.G.M 5:30pm             |
| 29 March-1 April                      | Easter holiday           |
| Term 2: 29 April – 5 July 2024        |                          |
| 6-10 May                              | Preschool Photos         |
| 10 June                               | Public Holiday           |
| Term 3: 22 July – 27 September 2024   |                          |
|                                       |                          |
| Term 4: 14 October – 17 December 2024 |                          |
| T.B.A                                 | End of year celebrations |

**NO EGGS**



**PLEASE**

Please avoid packing:

- Egg
- Egg noodles
- French toast
- Frittata
- Mayonnaise
- Meringue
- Omelettes
- Pavlova
- Quiche



## TREE WORK AT PRESCHOOL

Sadly, we had to remove the large peppercorn tree in our playground for safety reasons. Thank you to all the children, families, and staff for your adaptability during a week of change, noise and some excitement. This is Blake's drawing of the arborist, suspended by ropes and harness as he worked.

They left us lots of lovely mulch. **We would love some help** moving the mulch if you have time to move a few buckets or barrowsful inside the fence or to the bike track.



Please come along to our AGM: Wednesday, 20<sup>th</sup> March  
5:30pm

We thank our 2023 committee for their service to our preschool community. We could not exist without you.

**Amanda Kelley** President

**Sienna Walsh** Vice President

**Gabriel Stewart** Treasurer/ Public Officer

**Anjuli Foulsham, Anne-Maree O'Neill, Amanda Shane** General Committee



Thank you in Auslan



**Please return your completed Vision Screening forms this week.**

NSW Health advises all children to have their vision screened before they start school and strongly recommends that all 4-year-old children participate in the vision screening.

Every parent/carer of children who have a vision screening will be informed of the results of their child's vision screening assessment.

## STARTING PRESCHOOL: Practical Tips

*When children are starting preschool, mixed feelings are natural – for them and you.*

**Have a routine for preschool mornings:** [Routines](#) can help your child feel safe and secure, particularly when new things are happening.

**Have a goodbye routine:** Say goodbye to your child so that they know you're going and tell them that you'll pick them up at the end of the day. You could choose a special place to say goodbye, or an activity to do before you go. For example, 'If you wave to me from that window, I'll be able to see you', or 'Which book will we read before I go?'

Make sure your child is paying attention when you say goodbye, then say goodbye once and leave. A lot of goodbyes can be stressful for both you and your child.

**Communicate with us:** Children get confidence from seeing warm, positive and friendly interactions between important people in their lives, like their family and teachers.

Starting preschool can be exciting for your child, but anxiety and tiredness are common too. Sometimes children's excitement carries them through the first few days of preschool, but after a few days or weeks you might notice that your child is less keen to go. Talk to us and check out some more info here:

<https://raisingchildren.net.au/preschoolers/play-learning/preschool/starting-preschool>