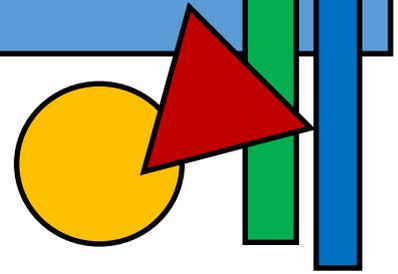




THURGOONA PRESCHOOL Newsletter August 2019



REDUCE, REUSE AND RECYCLE

When we have meal times at preschool we provide three different bins for the children to sort their rubbish. One is for food scraps (the compost bin), one is for recycling and the other is for general rubbish. We wash items from the recycling bin and use in activities such as counting and craft, e.g. plastic containers. We talk with the children about what goes in each bin.

At preschool we recently received a new roll of green bags for our kitchen compost bins. If you receive some and you do not use them at your household please consider donating them to preschool.

Last week the full day groups were very lucky to have Penny from Halve Waste visit the preschool and introduce the Bin Smart Program with the children. The Bin Smart Program teaches children:

- What waste is, where it comes from, where it goes and its effect on the environment;
- What materials can go in which bin; and
- Some alternatives to landfill.

It was a great way to reinforce what we do at preschool.



At Thurgoona Preschool **we encourage 'Nude Food'**. Nude Food refers to packing healthy nutritious meals without the use of any disposable packaging that contributes to landfill. Together we can raise awareness and build a greater understanding of the connection between food choices and optimal health, and the effects of rubbish on our planet.



Thanks to everyone who supported the recent Earn and Learn program. We collected an amazing 23000 stickers which meant we could purchase a variety of new equipment and resources for the preschool. These should arrive at the start of term four.

Thanks for helping us out!

UPDATING DETAILS

Please let us know if there are any details that need updating for your child and family. This may include contact details such as phone numbers, address, emergency contacts, persons authorised to collect, allergies etc. Please see your child's teacher to update any details.

It is very important that all information is kept up-to-date.



VISION SCREENINGS

Vision screenings will be held at preschool for four year old children who are attending school next year. Permission notes have been put in your child's preschool pocket. These need to be returned to preschool by Wednesday 21st August. Screenings will take place during your child's preschool session.

Thurgoona Preschool Inc.



Find us on
Facebook

Like us on Facebook to get reminders, updates, links to articles etc.

DATES FOR YOUR DIARY

- * Friday 16th May- Term three fees due if paying fees in full.
- * Monday 19th, Tuesday 20th, Friday 23rd August- Book Week dress up days at preschool- Please see the flyer at the back of the newsletter for dates for each group.
- * Tuesday 3rd September to Friday 6th September- Vision Screenings.
- * Friday 13th September- All payment plans are to be finalised by today.
- * Friday 27th September- Last day of Term Three

PRESCHOOL REQUIREMENTS FOR 2020

We have recently sent home forms regarding children's requirements for next year. Please complete and return this form if your child is going to school or returning to preschool.

This form is to be returned to preschool by Monday 12th August.

If your child is returning to preschool an annual enrolment fee of \$49 is to be returned with the form.



SCHOOL ENROLMENT 2020

If your child is attending school next year please contact the school to collect an enrolment form. Many schools have already started their enrolment process, so get your enrolment forms in as soon as possible.

Any notices we receive from individual schools regarding enrolment will be displayed at the front of the preschool.

PRESCHOOL FEES

At Thurgoona Preschool we take the payment of fees very seriously. For families who are paying fees in full fees are due by Week four, Friday 16th August. Fees not paid by this date will incur a 10% late fee and if not finalised within the week the child's position will be forfeited.

For families on a payment plan, all fees must be finalised by Friday 13th September.

Each payment date on your payment plan must be strictly adhered to. Any late payments will incur a 10% late fee and if not paid within the week your child's position at preschool will be forfeited. For families that do not make regular payments, as per their payment plan the payment plan will be cancelled.

LATE COLLECTION OF CHILDREN

It is important that children are collected promptly at the end of the session. The Preschool has a 'Late Collection of Children Policy 2.1.3'. A late fee will be applied for families who arrive late to collect their child as follows:

- The first 15 minutes is \$5 per 5 min increments (or part thereof).
- After 15mins, \$20 per 15 minutes late (or part thereof).

Repeated lateness will not be tolerated. If the problem persists, the possibilities of finding more appropriate care will be discussed with the parent.

If someone other than yourself is picking up your child it is up to you to make sure they aware of the collection time.

In special circumstances, the Director and/or Committee may give special consideration in relation to the application of late collection fees.

It can be upsetting for children when they are late to be collected from preschool. The educators still have lots to do once the children have left at the end of the day, including day books, children's observations and setting up for the following day.

At the end of the session one educator will greet families at the door and communicate about your child's day while the other educator is supervising and engaging in the preschool program with the children. Please keep siblings (including school children) with you at the door on collection. Thanks.

PRESCHOOL CLOTHING

Preschool clothing including bucket hats, T-Shirts, polo shirts, hooded windcheater and jumpers featuring the preschool logo are available to purchase online at eduThreads.

These are not compulsory for children to purchase or wear.

Please go to <https://eduthreads.com.au/collections/thurgoona-preschool> to see the range available for our preschool and for further information.

Families place an order online and the items are delivered straight to your home.

We have sample garments available at the preschool to assist in choosing sizing.



FUNDRAISING UPDATE

Thanks to everyone who has supported our fundraising events so far this year.

We hope everyone enjoyed their pies that were delivered last week. The pie drive raised \$421.

The Picture Products have arrived back this week and raised \$429 for the preschool.

Our next fundraising event is a Cadbury Chocolate fundraiser. A note will be sent home asking families if they would like a box of chocolates to sell.

Our big fundraiser of the year is the Trivia Night being held on Saturday 9th November.

We will be looking for donations to use as prizes at our trivia night, so if you can help please see your child's teacher or a committee member.

All profits made from fundraising are used to purchase children's equipment and resources.



Fundraising



SAVE THE DATE

Date: Saturday

November 9, 2019

Time: from 6pm

Location:
Thurgoona
Community
Centre



TRANSITION TO SCHOOL VISITS

The full day groups have started their transition to school visits to Thurgoona Public School. We are very lucky to have a school so close to the preschool for us to visit. We thank Thurgoona Public School, the children and the teachers for allowing us to come in to their classrooms and school environment.

We understand that not every child will attend Thurgoona Public, but this experience provides children the opportunity to experience the sights and sounds of what a school is like.

Children get to see the different areas of a school, e.g. classrooms, office, toilets, library, canteen and hall. They see the school uniform, experience the school bell ringing and see the similarities and differences between preschool and school.

The aim of the visits is to support children's journey between the preschool and school environments and support them to develop a positive attitude and confidence to starting school.

The more that you read, the more things you will know. The more that you learn, the more places you'll go.
Dr Seuss



There are lots of ways to enjoy screen-free quiet time



Children are to bring a hat to preschool all year round. Each day we check the SunSmart app to see what the UV rating is and whether sun protection is required. Even on cloudy days the UV rating can be 3 or above.



Think UV, not heat.

In NSW, UV damages unprotected skin most months of the year.

Check your SunSmart status today

www.sunsmartnsw.com.au or call 02 9334 1761





How's your

oral health tracking!

5-11 August 2019

#dentalhealthweek

Get your  on track

dentalhealthweek.com.au

Dental Health Week, which takes place this year from 5 to 11 August, is the Australian Dental Association's major annual oral health promotion event. Its aim is to educate Australians about the importance of maintaining good oral health by promoting these key messages:

- Brush twice a day with a toothpaste that contains fluoride.
- Clean in between teeth at least once a day with floss or an interdental brush.
- Eat a healthy, balanced diet and limit sugar intake.
- Regularly visit the dentist for check-ups and preventive treatment.

We have set up a display on the windows at the front of preschool with various fact sheets.

HEALTHY EATING

A reminder that we encourage healthy eating at preschool. We encourage families to send fruit and healthy alternatives and avoid pre-packaged foods high in sugar and salt such as chips, chocolates, sweet biscuits, cakes, roll-ups etc.

The educators sit with the children at mealtimes and reinforce healthy eating messages.

For some healthy lunch and snack ideas please see:

www.healthykids.nsw.gov.au/recipes

www.healthylunchbox.com.au

Attached to this email is a Munch and Move fact sheet on 'Selecting Healthier Snacks'



Some tips from 'Healthy Lunchbox'

- * The lunch box is a tool for setting up healthy eating habits for life, so it is really important to think about all the foods that are packed in the lunch box.
- * Snack time is a great time to include fruit and vegies in the lunch box, such as cherry tomatoes, celery sticks with cream cheese and sultanas.

POPPLETANA

Serves: 1

Preparation time: 5 minutes

Ingredients

- 1 cup unsalted popcorn
- 1/4 cup dried apple
- 1/4 cup sultanas

Method

Place all ingredients in a snap lock bag and give a little shake.



Variation

Replace the dried apple with dried apricots



Nutrition Snippet

The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.



Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [poppletana](http://www.healthylunchbox.com.au).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](http://www.healthylunchbox.com.au).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

healthylunchbox.com.au

Thurgoona Preschool Children's Book Week 2019

Date: Term 3 Week 5 2019

Koala Group— Monday 19th August 2019

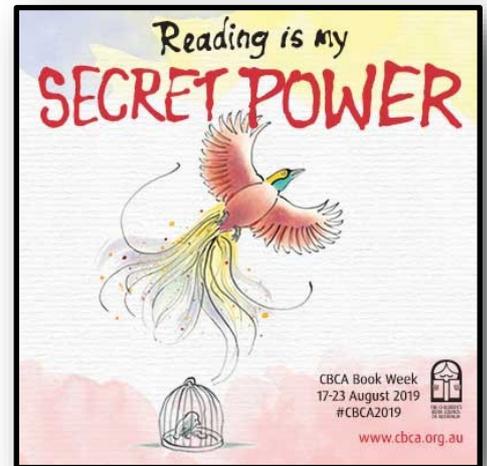
Possum Group—Monday 19th August 2019

Echidna Group—Tuesday 20th August 2019

Wombat Group—Tuesday 20th August 2019

Dingo Group—Friday 23rd August 2019

Bilby Group—Friday 23rd August 2019



To celebrate Book Week children can come to Preschool dressed as a book character.

Children can also bring their favourite book to preschool to share.

We don't want this to be expensive or time consuming for parents, so please make it as simple as possible. There are various characters in books to choose from including prince and princesses, fairies, pirates, animals, Where's Wally, sport players, ballerinas, Cat in a Hat, nursery rhyme and fairy-tale charactersjust to name a few.

You could also be a SUPER HERO with a SECRET POWER!

Please see your child's teacher if you have any questions.



READING
is my
SUPER
POWER



Story Book Exchange Station—Thurgoona Preschool Community

The MORE
that you read,
the MORE things
you will know.
The MORE that you
learn,
the MORE places you'll go.



During Book Week (Week 5 19th—23rd August 2019) the children will have an opportunity to bring a story book to preschool in a pre loved good condition that they no longer need and exchange it for another pre loved story book to take home and read. The area will be set up at the front for families to access throughout the week.

Please remember to bring a story book in and then exchange it for a different story book to take home.



2020 ENROLMENT PREFERENCES – RETURNING CHILDREN

Please return to Preschool by Monday 12th August 2019
(Please include \$49 enrolment fee if returning to preschool)

Dear Parents/ Carers,

We are starting our enrolment process for next year. **PLEASE COMPLETE THIS FORM WHETHER YOUR CHILD WILL BE RETURNING TO THURGOONA PRESCHOOL, OR ATTENDING SCHOOL OR ANOTHER SERVICE.**

If you are not yet sure whether your child will be returning to Preschool or going to Primary School, please choose a preference for Preschool so that a position can be held for your child until you have made your decision.

Child's Name: _____ Date of birth: _____

- Will your child be: Returning to Thurgoona Preschool in 2020 (Please choose the preferred days below and return this form with the \$49 enrolment fee)
- (Please tick) Attending another service in 2020 _____
- Attending school- If so, name of school: _____
- Not yet decided

If your child will be returning to Preschool please choose below the session preferences (1-3) for your child. We will contact you if your first choice is not available.

- 4/5 year olds**- Monday and Wednesday - (8.30-4.00) – for children attending school in 2021
- 4/5 year olds**- Tuesday and Thursday - (8.30-4.00) - for children attending school in 2021
- 4/5 year olds**- Wednesday and Friday - (8.30-4.00) – for children attending school in 2021
- 3/4 year olds**- Friday (8.45-12.45)
- 3/4 year olds**- Monday (8.45-12.45)

Our teaching staff are not yet confirmed for next year. We cannot guarantee a particular room, teacher/ educator or other preferences for your child.

The fees for 2019 are as follows. Fees will increase slightly for 2020 to cover increasing costs.

2018 FEES	Fees	Equity Fees*
4/5 yr old groups 2 days x 7.5 hours	\$30 per session/ \$60.00 per week \$600 per 10 week term	\$15 per session/ \$30 per week \$300 per 10 week term
3/4 year old groups 4 hours per week	\$41 per session \$410 per 10 wk term	\$31 per session \$310 per 10 week term

* We will do our best to accommodate every family's individual needs and preferences, but this is not always possible. Please let us know below of any other comments you feel we should be aware of, e.g. work commitments

* Does your child have any additional needs that we may need to be aware of? E.g. speech, mobility, behaviour, development, medical condition. YES NO If Yes, please comment.
 (It is important the Preschool is aware of any extra needs your child may have as the Preschool can apply for funding to support your child to access the Preschool and the program.) _____

Parent/ Guardian Signature: _____ Date: _____

Please return this form to Preschool by Monday 12th August 2019
If your child is returning to Preschool please include the \$49 enrolment fee.

Cash or direct debit payment accepted. Hume Bank BSB: 640 000 Account Number: 111104073

The form can be hand delivered or emailed to admin@thurgoonapreschool.com.au

Payment method (Please circle): **Cash / Direct deposit:** Payment reference number _____

Halve Waste

reduce • reuse • recycle

HOW TO USE THE CADDY & LINERS

1 Line kitchen caddy with Council approved compostable liner.



2 Place food scraps in your lined kitchen caddy.



3 Place filled liner into your green lidded organics bin.



CADDY LINERS

A years supply of compostable liners will be delivered to you every year.

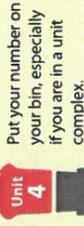
- In the meantime if you run out:
- line your kitchen caddy with paper towel or newspaper,
 - place the organic material straight into the organics bin,
 - visit your local council for additional liners

COLLECTION CALENDAR

Visit halvewaste.com.au to find out which bins are collected on which week, and to download your local collection calendar.

WHEELIE BIN TIPS

1 LABEL YOUR BINS



Put your number on your bin, especially if you are in a unit complex.

2 TIMING



Put your bins at the kerbside for collection the night before or by **6am** on the morning of collection.

3 NOT TOO CLOSE



Place your bins away from overhanging trees, as these get in the way of the truck.

4 DON'T OVERFILL



The bin lid must be closed for collection. The truck's mechanical arm cannot lift overfilled bins. Extra items placed on top or next to the bin will not be collected.

5 BIN PLACEMENT



Close to kerb - at least 1 metre apart and away from trees, cars, and other obstructions. Wheels towards the property.

6 CONTAMINATION



The wrong items placed in bins could contaminate whole truck loads of material collected for recycling or green waste. This could result in the whole truck being sent to landfill. If contamination is on-going, Cleanaway will have no option but to withdraw your service.

Green lidded organics bin will be collected every week.

Red lidded general waste bin will be collected fortnightly.

Yellow lidded recycling bin will be collected fortnightly.

In other words, your green lidded bin will be collected every week along with EITHER your red or yellow lidded bin.



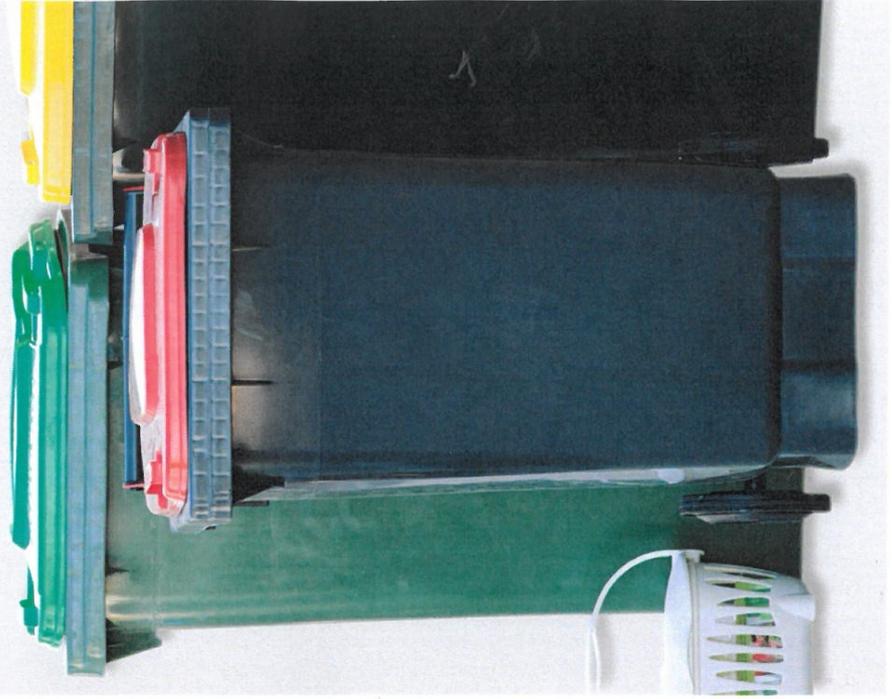
Call **CLEANAWAY** on 13 13 39 or visit halvewaste.com.au

Halve Waste

reduce • reuse • recycle

YOUR 3-BIN SYSTEM AND KITCHEN CADDY

TIPS AND GUIDELINES





MANAGING YOUR 3-BINS

GREEN LIDDED ORGANICS BIN

ANIMAL WASTE, FLUR & FEATHERS
(wrap waste in green compostable liner, kitty litter - clay or paper only)

FOOD & FOOD SCRAPS
(bones, dairy, eggshells, meat, poultry, spoiled food)

TEA BAGS & COFFEE GROUNDS

PAPER PRODUCTS
(shredded paper, tissues, paper towel & napkins)

GARDEN WASTE
(leaves, grass, flowers, weeds, roots, sticks and branches)

PIZZA BOXES & COOKING OIL
(absorb oil in paper towel or newspaper before placing it in your bin)

NOT IN GREEN LIDDED ORGANICS BIN

TAKEAWAY CONTAINERS (coated paper & foam containers)

NAPPIES (and baby wipes)

CLOTHING (fabric, leather, shoes, and backpacks)

PLASTICS (chip packets, plastic bags and bottles)

YELLOW LIDDED RECYCLE BIN

CANS, TINS & STEEL
(aerosol cans, pet food cans - rinsed, soda & drink cans, clean aluminium foil)

CARDBOARD
(cereal boxes, tissue boxes, milk cartons)

PAPER PRODUCTS
(paper, envelopes, newspaper books, magazines)

GLASS
(bottles and jars)

HARD PLASTIC CONTAINERS
(plant pots, detergent & soap containers, food containers - rinsed out, and recycle numbers ♻️)

NOT IN YELLOW LIDDED RECYCLE BIN

SOFT PLASTICS (plastic bags)

NAPPIES (and baby wipes)

CLOTHING (fabric, leather, shoes, and backpacks)

TAKEAWAY CONTAINERS (coated paper & foam containers)

RED LIDDED GENERAL WASTE

CARE PRODUCTS
(soap, toothpaste tubes, dental floss, hygiene products)

CLOTHING
(fabric, leather, shoes, and backpacks)

COFFEE PODS

DUST, DIRT & SAND
(vacuum cleaner dust & bags)

ELECTRICAL
(kettles, toasters)

GLASS
(broken cups & plates)

MEDICAL WASTE
(medicine, x-ray film)

NAPPIES
(baby wipes)

PILLOWS
(cushions & fabric)

POLYSTYRENE

ROPE
(cork, yarn, thread)

SOFT PLASTICS & PLASTIC BAGS
(coated paper, wrappers, chip packets, sachets)

TAKEAWAY CONTAINERS
(coated paper, foam containers, coffee cups - lid removed)

TIMBER
(treated timber, picture frames, furniture)

TOYS
(broken or soiled)

HAZARDOUS WASTE

HAZARDOUS WASTE CANNOT GO IN ANY BIN
(chemicals, paint, gas bottles, fire extinguishers, smoke detectors, motor oil, petrol, all batteries) visit halvewaste.com.au to find your closest Transfer Station.



halvewaste.com.au for more information



Call **CLEANAWAY** on 13 13 39 or visit halvewaste.com.au

Fact Sheet

SELECT HEALTHIER SNACKS



It is important to offer your child healthy snacks. Young children can more easily meet their nutrition needs if healthy snacks are offered between meals. Offering small, planned snacks is much better than allowing children to graze between meals.

Choose snacks based on:

- fruit
- vegetables
- milk, cheese, custard and yoghurt
- high fibre or wholegrain breads, crackers and cereals.

Tips to make healthy snacks easy

- Keep healthy snacks in the fridge and pantry.
- Put healthy snacks in your child's lunchbox.
- Have fresh fruit in a bowl on the kitchen bench.
- Have meals and snacks at the same time each day to help establish a good routine.

Easy and healthy snack ideas include:

- fresh, frozen, canned or dried fruit
- plain or fruit yoghurt
- rice paper rolls
- hummus with pita bread or breadsticks
- small fruit muffin
- cooked noodles with tofu and vegetables
- custard
- corn or rice cakes with avocado or peanut butter
- sushi
- vegetable sticks with dip
- wholegrain cracker with cheese
- fruit smoothie

Tips to encourage healthier snacks

- Set limits on the number of unhealthy snacks (including packet snacks such as potato chips, muesli bars, biscuits) allowed and explain that these snacks are treats and not everyday foods.
- Offer a range of healthy foods so your child can choose what they want.
- Don't keep unhealthy snack foods in the house.
- Choose healthy snacks yourself and eat together to show your child that you enjoy healthy food. It will help your child learn to eat healthy snacks!



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



Please remember: No nuts or eggs at preschool please.