



**MITTAGONG PRESCHOOL**  
Kindergarten Incorporated

05

23

## Diary Dates

### May

Bush Preschool Program Term 2 Rotations: 1<sup>st</sup> – 26<sup>th</sup> May

Fundamental Movements Sessions: starting 8/05

National Simultaneous Storytime – 24<sup>th</sup> May

National Sorry Day: 26<sup>th</sup> May

Reconciliation Week: 27<sup>th</sup> May - 3rd June

PALS Program (Part 1): 29<sup>th</sup> May – 30<sup>th</sup> June

### June/July

World Environment Day: 5<sup>th</sup> June

World Ocean Day: 8<sup>th</sup> June

Emergency Drill Week: 5<sup>th</sup> – 9<sup>th</sup> June

Parent Association & Zoom Meeting: Wed. 14/06 @ 7pm

Living Safely with Dogs: 6/06 & 9/06

Public Holiday/Pupil-free Day: Monday 12<sup>th</sup> June

Pie Time deliveries & collections: 21st June

Refugee Week: 19th - 21st June

Mud Week: 26<sup>th</sup> – 30<sup>th</sup> June

May 2023 Edition

# Mittagong Preschool Newsletter

## President Report May 2023

### President's Report - May 2023

Welcome back to Term 2 at Mittagong Preschool. While appreciating that work and normal commitments continued for many, I hope all families and staff members were able to enjoy some time together with their loved ones over the break.

With another frosty Southern Highlands winter commencing, I'm excited to announce two activities to help us warm up:

The first will warm our tummies – we are joining again with Meals on Wheels Southern Highlands to celebrate Pie Time. Both savoury and sweet pies will be available to order from later in May for pick up in June.

The yummy pies are suitable to freeze allowing us to stock up on some easy meals for the cold nights to come. More information and order forms will be available soon, and each order contributes to our fundraising efforts for the preschool.

The second will help warm someone else's tummy – Mittagong Preschool is partnering with Soul Warmers Food Co-op this winter.

Soul Warmers offers a range of quality groceries at subsidised prices for lower income families and individuals. We will be holding a food drive for non-perishable food items for the pantry at Soul Warmers. Our preschool benefits deeply from our local community which inspires us to find new ways to give back. Our collection will take place

19 - 23 June and we are asking families to donate any non-perishable food items during that week.

Thank you in advance for your support of these activities, it's greatly appreciated.

Jess Winkler

*No one is useless in this world who lightens the burdens of another – Charles Dickens*

## Fundraising Pie Time



Order forms are coming soon. Pies available for collection on 21st June.

**Pie Time** **Meals on Wheels Southern Highlands**  
**Mittagong Preschool Pie Drive 2022 Order Form**

Child name: \_\_\_\_\_  
Phone number: \_\_\_\_\_

Dear Preschool Families

As part of our fundraising this year we are running a Pie Time Pie Drive in conjunction with Meals on Wheels Southern Highlands.

You are able to order a selection of pies that will be healthy, locally handmade and delivered chilled not frozen. By buying pies you will be supporting both Mittagong Preschool and Meals on Wheels Southern Highlands.

All you need to do is select your pies, and return your order form and payment to the office by 4pm Wednesday, 15 June 2023. Pies will be available for collection on Wednesday, 22 June 2023.

Any combination of pie flavours can be ordered but must be in groups of 4 savoury and/or 4 dessert. Please note: orders will be packed per order form, so please use a separate form if you are ordering for others and want it packed separately.

SAVOURY FLAVOUR	QUANTITY	DESSERT FLAVOUR	QUANTITY
Classic Meat Pie		Apple Pie	
Chicken & Pottery Pie		Apricot Pie	
Chicken & Leek Pie		Forest Fruits Pie	
Roasted Turkey Pie		Cherry Pie	
Vegetarian Pie			
Total (must be multiples of 4)		Total (must be multiples of 4)	
Total Cost		Total Cost	
\$4.50 per pie		\$4.50 per pie	

We look forward to receiving your order and thank you for supporting Mittagong Preschool and Meals on Wheels Southern Highlands

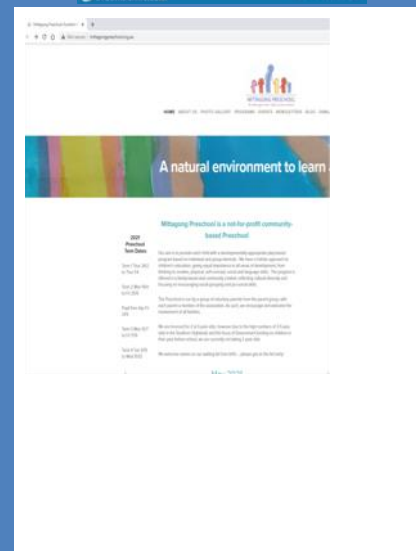


## Keeping up with Preschool News

In terms of keeping Preschool families in the loop as far as Preschool News goes; I hope that you are all able to open and read the emailed Newsletters/notes/reminders and Sign-up Genius for events like the Bunnings BBQs or the most recent Mother's Day afternoon teas. Please let us know if you wish to change your email details or if you want to receive a copy of the Newsletter/notes in your child's file as well as, or instead of, an emailed copy.

Keeping updated about upcoming events, excursions, special days/nights, pupil-free days, etc. is vital, so please watch for the calendar each month on the Newsletter.

Also, please remember that a few copies of the Newsletter are at the sign-in desks & that the Newsletters & important dates are on the website if you ever need to check anything.



## From Pauline's Desk

# Service Report

### Autumn/Winter Program:

It's been interesting to see how quickly Autumn has kicked in over the past few weeks. We have had some colder days, so please remember labelled beanies & coats for when we go outside to play on such days! We have made the change to the Autumn/Winter Program where we are eating lunch in the rooms. From Week 5 we are also starting off in the indoor environment & then moving to the indoor/outdoor program from 10 am.



We are now gathering for our morning group literacy experience earlier, so it is important that all children are here by 9 am for morning tea if it is possible. We will do a head count when gathering the children, so if your child has not yet arrived at that time, he/she will be marked absent. If you arrive after 9 am, please go to the Office so we can sign your child back in for the day.

## Mother's Day/Night Wrap-up!



I hope all of our Mums, Grandmas and special people have a lovely Mother's Day next Sunday. For those who are able to attend our Mother's Night, we hope you have a lovely time. We thank Annette for ordering the flowers and running our Flower Bar on the night. It is a lovely opportunity to celebrate our Mums! I will have a longer list of thanks in our next Report & Newsletter, outlining those who donated to the raffle and thanks also to our market Stall holders, as well as a list of our raffle prize winners!

## Kodomo no Hi

The children enjoyed decorating Koi windsocks and making Samurai helmets out of newspaper. The Sushi was a hit! So much so, the children have asked to make it again soon. Thanks again to Noriko for sharing her cultural knowledge with us.

## Administrative Professionals Day, 5<sup>th</sup> May

To mark the occasion, we decorated the front desk & had a present welcoming Rhiannon, Chris & Sandra ... we thanked them for everything they do for us always, with a box each of bespoke decorated cookies & an engraved pen.



## Programming Initiatives over this term

### Bush Preschool Program:

We are just about finished with our first rotation of the Bush Preschool program for Term 2 and then we will be off for our second rotation starting next week.

### Fundamental Movement Skills Program (Weeks 3-7):

This week we are starting our FMS sessions. The children always respond well to the program, enjoying exposure to the physical skills at our 12-noon group time each day.

### PALS Sessions (Weeks 6-10):

We are looking forward to starting the PALS program in a few weeks. Over the next few weeks, I will be displaying a group permission slip for signing & each week I will email the information sheets linked with each skill.

Parents have previously commented that these sheets have facilitated the children to reengage with content at home.

We will also share some links/information on the closed Facebook page, including the Bluey episodes we are using to address particular focal points.



Each year we participate in the National Simultaneous Storytime (NSS) which is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. The event aims to promote the value of reading and literacy.

**About the author**  
Rebecca Young is an award-winning author from Sydney. Her first book, *Button Boy*, illustrated by Sue deGennaro, was a Notable Book for the 2012 CBCA Awards and has been published internationally. In 2016, *Teacup*, illustrated by Matt Ottley, won the Patricia Wrightson Prize for Children's Literature in the NSW Premier's Literacy Awards.

**About the illustrator**  
Heath McKenzie is an award-winning children's book illustrator who has written and illustrated countless books for children. Heath lives in Melbourne with his wife, two kids, dog, and a fish, that he considers more of a lodger than a family member.

## Wet Weather Learning Opportunities



"Life isn't about waiting for the storm to pass... It's about learning to dance in the rain."  
~Vivian Greene

www.SproutingKindness.com

On rainy days, our Preschool environment still offers many play and learning opportunities.

The children can tend the garden, dash through drips of water or even watch the drops of water drip off the roof of the stage, assessing the amount of rainfall by how quickly the bucket fills with drops of rain.

*Please send in gumboots and raincoats if the weather is rainy ... so the children can enjoy wet weather play and exploration.*

## From Helen: Road Safety Week (Week 4)



National Road Safety Week is an annual initiative from the Safer Australian Roads and Highways (SARAH) Group, partnering road safety organisations and Government.

15<sup>th</sup> May – 19<sup>th</sup> May

**KIDS and TRAFFIC**  
Early Childhood Road Safety Education Program  
In partnership with Transport for NSW and Macquarie University

Adults are responsible for the safety of the young children in their lives but by using these Kids and Traffic Key Road Safety Messages, they can engage children in learning about how to be safe in the traffic environment without making them responsible for their own safety.

**Kids and Traffic Key Road Safety Messages for adults to share with young children**

#### Pedestrian messages

- Always hold a grown-up's hand.
- When a grown-up's hand is not available, hold a pole, sign or stroller.
- Always cross the road with a grown-up.



#### Passenger messages

- Always buckle up safely.
- Always stay buckled up - awake or asleep.
- Always get in and out of the "Safety Seat".



#### Safe play messages

- Always use a grown-up where it is safe for you to play.
- Always wear your helmet when riding your bike or roller skis.



During this week at preschool our program will include stories, role play, games and songs that will help the children learn about the Kids and Traffic Key Road Safety Messages.

Educators promote learning for all children when they promote safety awareness with children and families. EYLF 2022 V2.0

## From Rose

### National Reconciliation Week & Sorry Day (Week 5/6):

We will mark this week with some program content and art/craft experiences creating a sense of solidarity. The National Reconciliation Week 2023 theme is 'Be a Voice for Generations'. National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. We will focus on sharing Indigenous perspectives with the children. More specific program initiatives will be outlined in the flyer & email, coming out soon.

### World Environment Day & World Ocean Day (Week 7):

The theme for World Environment Day on 5 June 2023 will focus on solutions to plastic pollution & Through the UN World Oceans Day on 8 June 2023 theme Planet Ocean: Tides are Changing, we will discover how Earth is more than it may seem, and generate a new wave of excitement towards cherishing and protecting the ocean and the entirety of our blue planet. These themes will be combined throughout the week to guide some curriculum content, with more information to follow.

### Refugee Week 19<sup>th</sup> – 23<sup>rd</sup> June:

Theme for 2023 is Finding Freedom. We are still planning our planning approach to this week. More information to follow soon with the flyer.

## Living Safely with Dogs Sessions 6/06 & 9/06:

The Living Safely with Dogs Program is delivered to preschools throughout NSW. It teaches preschoolers how to live safely with dogs. A team of trained pet educators and their suitability-tested dogs present the Program at preschools across NSW. The presentations are delivered using chat, role play, story and song.

Australia has one of the highest rates of pet ownership in the world. Most dog attacks involve children in the 0-8 age range and a high number of these attacks also occur in the home environment where children are bitten by their own dog or one known to them.

Educating children and their families ensures the child-pet relationship is not only physically and emotionally rewarding but also a safe one as well.

The program focuses on teaching preschool children:

- when dogs should be left alone
- things we should not do to dogs
- how can you tell if a dog is happy, scared or angry
- a safe way to approach and greet a dog
- what to do if approached by an unknown or aggressive dog
- choosing an appropriate pet for their family
- the importance of actively supervising your children's interaction with your pets
- the importance of securely separating pets and children when you cannot actively supervise
- basic dog behaviour
- safety messages

Each child is given the opportunity to interact with the pet educator's dog. For many children this can be their first interaction with a dog and provides a positive and educational experience for each child. More information and a permission slip will be available in the next few weeks.

## Parent Information

**Resource:** I came across distributed through South-Western Sydney Health. It looked very interesting with these topics and others – screen time, mental health in teenagers, info about getting children to eat more veggies, healthy recipes & more! We will forward everyone the email, so you subscribe to the Newsletter!

South Western Sydney Local Health District  
**Healthy Family Bulletin** MAY 2023  
Information current as of 1 May 2023

### The uneaten lunchbox

If your child is not eating the food in their lunchbox it may be due to various reasons:

- 1. Too many new foods:**
  - Include foods your child is familiar with and comfortable eating.
  - If trying something new, be sure to also pack something you know they will eat.
  - It can take up to 15 times of exposure before children will accept a new food.
- 2. Too much food:**
  - A lunchbox full of food can be overwhelming for young children.
  - Be realistic with what your child can eat and include them in packing their own lunchbox.
- 3. Can't access the food:**
  - Some lunchbox containers and packaged food are tricky for little fingers to open.
  - Check they can open containers before using them for school.
  - Remember to pack a spoon or fork for some meals and snacks.
- 4. Too busy playing:**
  - For many children, playing is more important than eating.
  - Schools can help by providing designated sit-down eating times with no pressure to eat.

For more information on lunchboxes, [CLICK HERE](#)

### Active play for toddlers and preschoolers



Active play includes any activity that involves moderate to vigorous bursts of high energy – that is, anything that can make someone "huff" and "puff".

The National Physical Activity Recommendations for children are that toddlers (1 to 3 years) and preschoolers (3 to 5 years) should be physically active everyday for at least three hours, spread throughout the day.

Here are some examples for parents and carers for activities in indoor and outdoor settings:

Indoor	Outdoor
<ul style="list-style-type: none"><li>• Making an obstacle course.</li><li>• Dancing to action songs.</li><li>• Musical chairs.</li><li>• Acting out a story.</li><li>• Throwing a soft ball into a bucket and varying the distance.</li></ul>	<ul style="list-style-type: none"><li>• Catching games.</li><li>• Blowing bubbles and trying to catch them before they pop.</li><li>• Making an outdoor obstacle course.</li><li>• Potato sack races.</li><li>• Follow the leader games.</li></ul>

[Click here for more information and resources.](#)



<https://greenarrow.health.nsw.gov.au/ga/front/forms/62/subscriptions/new>

# 2023 Fundraising Target: Construction Resource Upgrade



Magnetic Tiles Solid Colours - 144 pieces - \$363



Translucent Magnetic Car base (2) x 4 - \$176

Magnetic Polydron - Transparent Shapes - 140 pieces - \$792



Magnetic Marble Run - 268 pieces - \$293



Plus Plus Construction 600 pcs x 4 - \$240



Translucent Magnetic Tiles Construction Set - 32 pieces x 4 - \$484



Mobilo Eco Construction 544 Piece Set - \$462

Mobilo Flow STEM Construction Set - 134 pcs x 2 - \$434



Edublocks Large - 50 pieces x 2 sets - \$1600



Squigz Suction Construction x 8 - \$280

Mobilo Super Value Construction Set - \$771

Total - \$5895



# Community Noticeboard

## Donations

A reminder to businesses and individuals that we accept donations for the building fund and they are tax deductible. We thank you in advance for your support of our preschool.

## Indigenous Cultural Opportunities

There are some wonderful opportunities to participate in Indigenous culture in our local area. We as a preschool are committed to embedding an Indigenous perspective so wanted to share these here with our community.

**Yama2you Bush Tucker Nursery:** Look them up for many opportunities including learning how to throw a Boomerang! There will be a session on 21st in Picton and 24th in Hill Top.

**River Road Creative Academy:** Earlier this month River Road held a Digeridoo Workshop. Keep an eye out for future opportunities.

**Tahmoor Community Centre** is holding a Women's Yarning Circle every second Wednesday from 10<sup>th</sup> May from 1.30pm - 3.00pm.

**The Community Bushfire Project** is running Bush tucker cooking, traditional Art and Wildlife experience on Sunday 28th May at the Australian Wildlife Sanctuary Bargo. Bookings are essential as spots are limited. For more information and to RSVP get in touch with Danielle at [daniellev@communitylinks.org.au](mailto:daniellev@communitylinks.org.au) or 0437 378 625.



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