



Mitcham Pre School Centre Newsletter

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Welcome back to the start of term 4

Term 4
Newsletter 1

Welcome back! We hope your holidays were restful and enjoyable. The time has certainly passed quickly and we are now back for another wonderful term of teaching and learning.

Term 4 Curriculum

Our focus of learning for the first few weeks of the term is

"An ocean full of plastic not so fantastic"

We will focus on caring for our world, and the impact of debris on the sea and marine life.

To commence our learning, we will in week 1, explore our first inquiry question

"What do you know about our oceans?"

The term plan, overview and calendar, will be in the note pockets on Monday, first day of term 4.

In the last few weeks of term, our focus will be on **"Christmas festivities"**.

It promises to be a wonderful term and will also include

- Christmas Funtastics
- Ruth Tuck Art School

- Excursion to the Marshmallow Park
- Family night
- Special bubble show for the children
- End of year celebration
- Graduation morning

Look out for regular updates of what is happening at kindy through email / APP, newsletters, articles and the outside white board.

Funtastics

As term 4 has numerous special activities, we will only be running one Funtastics session.

This funtastics will be held on

Monday November 9th

It is an extra special funtastics where we complete many creative tasks that decorate our walls for all the special functions in the last part of term 4.

Whilst we have not asked for volunteers this year, due to COVID restrictions, and run funtastics just with staff, this special funtastics will require some additional help.

So we are going to ask just a few parents to help us. We will keep within restrictions of social distancing rules, hygiene practices and just have 2 or 3 parents to help us.

Volunteers will need to have DCSI / WWCC & RAN-EEC training. I will put out a call for help closer to the time.

Thankyou as always for your support.

Pupil free dates

As mentioned in newsletters last term, we have 2 pupil free dates this term. Each year we are eligible for 4 pupil free days for professional development. So far, we have only utilised 2 of these days. Therefore, the Governing Council have approved the following dates as pupil free days.

Monday November 2nd

And

Tuesday November 10th

There will be no kindy on these dates.

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Sun Smart Policy

The UV rating is now above 5 everyday, and for long periods of time. Therefore everyone needs a hat at kindy when playing outside. Please remember to send a hat everyday to preschool.

"NO HAT NO OUTSIDE PLAY".

The best type of hat to wear is a broad brimmed hat or bucket hat which not only protects your child's face, but their neck and ears. Caps are trendy but not very effective in preventing skin damage from the sun as the neck and ears are exposed to the sun. We do not share hats due to head lice, so if your child does not have a hat, they will have to play inside or on the verandah.

Water

With the warmer weather here, we will be reminding the children to drink water more often. We will also remind them to fill up their water bottle from the container when it is empty or ask for help to do so. Often after winter, children forget to rehydrate regularly! We would appreciate your support to also remind your child about

the need to drink more water. Reinforce that they can fill their water bottle up at kindy from the blue container, or ask a teacher for help.

Many thanks for your support. Please remember that we only have water at kindy. Cordial or juices is not on our nutrition policy.

Governing Council

The next Governing Council Meeting is

Monday

October 19th

7.15pm for a 7.30pm start.

Everyone is welcome to attend.

CYH Screening

We have one last date scheduled for 2020 for Child & Youth Health Checks at the preschool. That is

Monday October 26th

The CaYH's nurse checks children's eye sight, hearing and fine motor development, prior to going onto school. I have a list of people who were unable to access the last screening in term 3, who I will offer first option of an appointment to, then open it up to other families.

Term 4 Fees

You will soon receive an account for your term 4 fees in your child's name pocket.

Fees for term 4 are

- Fees—\$200.00 (this includes a levy and excursion / incursion levy)

Please pay the fees by

Friday October 30th

Fees can be paid by cash or cheque deposited into the brown box near the kitchen, or by direct debit

BSB 105084

Account 323231040

We appreciate your fees being paid on time to ensure that we can meet our running costs and expenses.

If you have any queries in paying the fees, please come and see me. All conversations will be in

strictest confidence.

Crocks & Thongs

With the lovely weather of spring (and almost summer) upon us, we see children wearing thongs and crocks to kindy. Whilst they are cool on your feet, and great for the beach or pool, they are really impractical for kindy. Children are more prone to falls and trips when wearing crocks and thongs, especially when climbing, playing with balls, engaging in games of chasey. For your child's safety, please send them in sandals or sneakers.

Changes Term 4

Remember to check name cards on drink boxes and lunch boxes. There may be some changes for term 4.

Changes of clothes

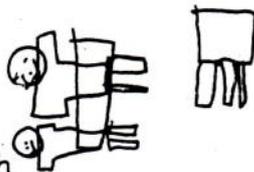
We have lots of water & sand play in term 4 so please send a change of clothes & a plastic bag, in your child's bag, just in case they do get wet.

Some thoughts!

WAYS TO LOVE A CHILD

Give your presence more than your presents. Laugh, dance and sing together. Listen from a heart-space. Encourage. Understand. Allow them to love themselves. Say yes as often as possible. Say no when necessary. Honor their no's. Apologize. Touch gently. Build lots of blanket forts. Open up. Fly kites together. Lighten up. Believe in possibilities. Read books out loud. Create a circle of quiet. Teach feelings. Share your dreams. Walk in the rain. Celebrate mistakes. Admit yours. Frame their artwork. Stay up late together. Eliminate comparison. Delight in silliness. Handle with care. Protect them. Cherish their innocence. Giggle. Speak kindly. Go swimming. Splash. Let them help. Let them cry. Don't hide your tears. Brag about them. Answer their questions. Let them go when it's time. Let them come back. Show compassion. Bend down to talk to children. Smile even when you're tired. Surprise with a special lunch. Don't judge their friends. Give them enough room to make decisions. Love all they do. Honor their differences. Respect them. Remember they have not been on earth very long.

Author unknown



About your child's school transition visits

Term 4 is a very anxious time for children and parents as school transition visits loom. Children become aware that they will be going to school soon. And whilst they may appear very excited, they are likely to be very anxious too. For a year they have been in the familiar environment of our preschool, with teachers, children and routines they know well. But soon they will commence transition visits to an environment they are not very familiar with, teachers & children they don't know. Even children who have older siblings at school, can find transition visits daunting. Dropping older siblings off at school is not the same as going to school themselves. With this anxiety about the unknown of school, some behavior issues can arise such as melt downs, crying over the most simple things, being over sensitive, being angry or simply just not listening!!!! It is not unusual for these behaviors to occur. They are just letting you know that whilst they might be excited about school, they are worried too. Even though children are "ready for school" and have the skills and abilities for a successful transition, it can still be a challenge!

My advice to assist both parents & children in transitioning into school

- is not to "over talk" about going to school. Sometimes over talking about events etc can create anxiety. Sometimes we think we need to talk about things often to prepare children but sometimes it can have a detrimental affect. So keep conversations about school limited. Acknowledge that school visits will happen soon, the school will send a letter letting you know when.
- Find out who is going to school with your child and organize some play dates at the school, on the weekends. This will allow you all to become familiar with the environment. When playing at the school take your own "tour" looking for the library, canteen / tuck shop, toilets, oval, hall etc.
- Take photos of your child at the school and make a going to school book. Photos can be added later such as a photo on their first transition visit, a photo in their school uniform, a photo of friends going to school with them, photo of their classroom and a photo of their teacher. Putting a book together about going to school, helps build familiarity with their new environment, which can be shared with grandparents etc.
- Keep routines at home etc familiar. Going to school, even for transition visits is a change in routine, so keep routines familiar
- Term 4 is a busy time with school transition visits, Christmas & all its festivities. Families become very busy. Limit the amount of activities your child participates in outside of preschool, child care etc. make sure they get to bed at their usual time. Tiredness can add to anxiety & behavior issues
- Talk with families who already have children at the school your child will start at. Arrange to have a coffee morning (without your preschool children) so that you can network and get some information for yourself about what happens at transition visits. If you have information, you will feel informed and less anxious too.

So over the next few weeks as school transition visits loom, (and so does Christmas) be aware that your child may become overwhelmed by the impending change, especially if you are over talking about school. If you need any advice or want reassurance, don't hesitate to speak with one of the staff.

It is an exciting time in their life (and yours too). Seeing them in their school uniform for the first time will bring a tear to your eye. Be prepared and enjoy the experience!!

Notes

You will receive numerous notes in the first week of term.

- Term plan, term overview and term calendar
- Excursion information and permission form
-RSVP Monday 19th October (Monday of week 2)
- Family night
- RSVP Friday October 30th

The family nights are on Thursday October 29th (blue group) and Friday October 30th (gold group)

- Term 4 fees—Due by Friday October 30th

Please look out for notes in your child's pocket this week

Finally

Thank you for your continued support.

It is much appreciated and we look forward to working with you in the term ahead.

Regards

Chris, Maddie, Suzi, Lyn, Karen,
Robbie, Jan, Nat.