



NEWSLETTER September 2018

Important Dates.....

- **Friday 28th September – Term 3 Ends.**
- **Sat 29th September to Sunday 14th October – School Holidays - Preschool is Closed.**
- **Monday 15th October- Term 4 starts.**
- **17th & 18th October – Girls visit from Blue Gum Lodge.**
- **6th & 8th November – Preschool Orientation.**
- **Monday 17th December – Term 4 ends.**
- **Tuesday 18th Dec- Staff training – Preschool is Closed.**

Remember.... for these dates and more please go to the calendar on our website;
springwoodpreschool.org.au/event

SCHOOL HOLIDAY DATES

- **Term 3 ends Friday 28th September.**
- School Holidays run from Saturday 29th September until Sunday 14th October – Please note that the **Preschool is closed** during this time. (*Labour Day Public Holiday is Monday 1st October during holidays*)
- **Term 4 begins on MONDAY 15th October.**

Open Day Thank You

To all of our families,

We had such a great turnout at the Open Day to share our new playground with everyone. We know it was worth the wait and children are loving the new environment. What a fantastic sunny day it was too. It was so lovely for all of us to have the opportunity to chat to all our visitors from new families and past families. We love being able to catch up with everyone outside of a “normal” preschool day.

We are so grateful to all who helped out on the day and to everyone for making something yummy for the cake stall. Having so much support from families made our day go so smoothly and we would not be able to do it without your assistance.

Thank you to our President of the Management Committee Lauren who approached Coles at Winnalee for a donation towards the sausages for our BBQ, it is a big help towards our costs for the day.

Thanks again from all the Springwood Preschool Team.



Find us and 'Like' us on Facebook www.facebook.com/springwoodpreschool

Visit our Website for information & events www.springwoodpreschool.org.au





Bush Preschool 2018

Visit from Blue Gum Lodge Yr9 Girls

We have a group of Yr9 girls coming to visit on 17th & 18th October. The girls are on camp at Blue Gum Lodge and it's a real camp highlight for the girls when they come to visit the Preschool and read stories to the children and play games. The children love it and we look forward to having them back again this year.

Things to remember as the weather starts warming up



Hats – Hats are a compulsory item which the children need to bring. You can supply your own or you can purchase a preschool hat, see Kellie in the office to add it to your account.

Sunscreen - You need to apply this to your child each morning when you arrive. We supply the sunscreen or if your child has sensitive skin and needs an alternate sunscreen please discuss with your child's educators.

No Sleeveless Dresses/shirts - Please be aware that children need sleeves to protect their shoulders. Please wear t-shirts under sleeveless dresses as well to protect shoulders.



school leavers list



A list is on display in the foyer for children leaving us at the end of 2018 to go to Kindergarten in 2019. If you haven't already done so please write your child's name Under the school they will be going to next year. This will help your child's teachers as they begin their planning to make a smooth transition for all the children moving onto "big school" next year. Thankyou.



Christmas Fundraising Toy Catalogues

Please feel free to take home a Christmas Toy Catalogue available in the foyer. The Preschool will receive a voucher for 20% of the total value of all orders which we can then use to purchase educational material for the Preschool.

Orders will be done online this year directly to Parent Direct so to avoid any disappointment families should get orders in early as items may sell out and to allow for delivery to be made in time for Christmas.

Thank you for your support.

Direct Debits over the Holidays

*A quick note to keep families informed that **direct debits ARE NOT automatically stopped** over the holidays unless you advise the office that you would like them stopped. Please note that you are not being charged fees for the holiday break, so by continuing direct debits you will accrue a credit towards the next terms fees. Please speak to the office if you would like further clarification.*

Friendly Reminder to please check Parent Files at Preschool

Parents please remember to occasionally check your Parent file in the foyer at Preschool for any notes or communications. Sometimes there are things that can't be sent by email. The **Blue boxes are for Possum families** and **Green boxes are for Wombat families**.



Policies currently under review.....



Rest/Relaxation Policy

Legislation:

Education and Care Services National Law Act 2010
Education and Care Services National Regulation 2018
Early Years Learning Framework

Rationale:

Springwood and District Preschool Kindergarten recognises that all children have individual sleep and relaxation requirements and that some children at preschool may require a relaxation during the short preschool day.

Regulation 168 of the National Regulations requires all approved providers of education and care services to have in place sleep and rest policies and procedures that meet the ages, development stages and individual needs of all children (Regulation 81).

Sleep and Rest Regulations - R81

Regulation 81 requires Approved Providers, Nominated Supervisors and Educators to “take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children”

Sleep and Rest Policy - R168

Regulation 168 includes a requirement for education and care services to have policies and procedures relating to children’s sleep and rest.

These internal policies should be regularly reviewed and updated as necessary in accordance with the regulations. Staff should receive appropriate information and training, to ensure the policies are upheld in practice.

Aims:

- To ensure children’s needs are met for relaxation
- To provide a comfortable relaxing environment to allow children to relax if required, having regard to the ages, developmental stages and individual needs of the children as per the Education and Care Services National Regulation Clause 81 (1) – Sleep and Relaxation.

Procedure:

- Springwood and District Preschool Kindergarten caters for children from 3 years of age to children in the year before they start formal schooling (up to 6 years of age) and as such does not have a requirement for cots.
- A designated relaxation time is included in the daily routine occurs after lunch
- Provisions will be made to ensure that children are comfortable
- Educators will consult with families about children’s relaxation needs and will be sensitive to each child’s energy levels and need for some quiet time. No child will be forced to rest/relax.
- Educators will ensure an area is provided as part of the learning environment for children to have ‘quiet’ time and to relax, should they require it.
 - Indoors this will normally be the book area where cushions and pillows create a comfortable place to ‘just be’.
 - ‘Quiet’ areas in the outdoor environment will be provided for relaxation in the outdoors away from direct sunlight.
 - Each environment will be tranquil and calm and children who choose these areas to relaxation will be respected and given space and time accordingly within the preschool routine
- Children will be supervised at all times while relaxation.
- If the child falls asleep whilst relaxation they will be left (supervised) to sleep for a short period of time.

Springwood Preschool’s Policies & Procedures within the service will reflect that:

- reasonable precaution is taken to protect children from harm and hazard
- children should sleep and rest with their face uncovered
- a quiet, well ventilated and comfortable place should be designated for rest and sleep
- children should neither be forced to sleep nor prevented from sleeping
- adequate supervision should be maintained at all times



- guidance is included on how sleep and rest are promoted at the service

Policies and procedures are based on current research and recommended evidence-based principles and guidelines.

Supervision during sleep and rest time

Adequate supervision is maintained during sleep and rest time if a child chooses to rest

Adequate supervision at sleep and rest times involves:

- checking/inspecting sleeping children at regular intervals
- always being within sight and hearing distance of sleeping and resting children so that a child's breathing and the colour of their skin can be assessed
- taking into consideration the risk for each individual child
- considering the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

Catering for the different sleep and rest needs of children

Children, even of the same age, can have different sleep, rest and relaxation needs.

For children who do not wish to sleep but show signs of tiredness, a comfortable, safe and quiet area must be available for them to rest.

For children who do not wish to sleep or rest, quiet activities that are not disruptive to sleeping children should be available.

Ratios for Beds/ Children: Is there a ratio for beds/children?

There is no requirement in the National Law or Regulations specifying how many beds should be kept at each service.

The approved provider must use their own experience, judgement and discretion in determining this based on an understanding of the sleep and rest requirements of the children in their care.

Family's belief and requests

Approved Providers should ensure families are consulted about their child's individual needs, and should be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.

If a family's beliefs and requests are in conflict with current recommended practice, the approved provider will need to determine if there are exceptional circumstances that allow for alternate practices. These circumstances will usually be medically based and supported by the recommendations of the child's medical practitioner.

Principles to inform procedures

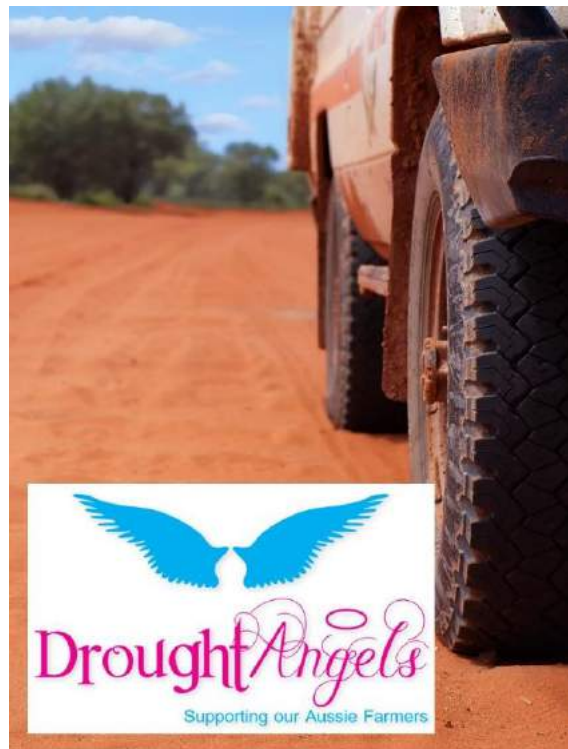
The following principles may inform sleep and rest policies and procedures at Springwood Preschool.

- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at a service.
- Educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard.
- Approved providers are responsible for ensuring sleep and rest policies and procedures are in place.
- Regularly review and update sleep and rest policies and procedures to ensure they are maintained in line with best practice principles and guidelines.
- Educators will receive information and training when it comes up to changes for children 3 to 5 years, including being made aware of the sleep and rest policies, their responsibilities in implementing these, and any changes that are made over time.
- Springwood preschool will consult with families about their child's individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.

If a family's beliefs and requests are in conflict with current recommended evidence-based guidelines, the service will need to determine if there are exceptional circumstances that allow for alternate practices. For example, with some rare medical conditions, it may be necessary for a baby to sleep on his or her stomach or side, which is contrary to Red Nose recommendations. It is expected that in this scenario the service would only endorse the practice, with the written support of the baby's medical practitioner. The service may also consider undertaking a risk assessment and implementing risk minimisation plans for the child

Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, which nominated supervisors and educators need to consider within the service. As per Standard 2.1 (element 2.1.2) of the National Quality Standard, each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs.





Fiver for a Farmer

Thank you to everyone who supported our recent "Fiver for a Farmer". We raised \$427 dollars. With this money we were able to purchase a number of pre-paid vouchers for families to use within their local communities, to buy feed, fuel and groceries.

Thank you



Preschool Orientations

Orientation days for our new children starting Preschool in 2018 will be on;

Tuesday 14th November - for children in the **Possum room**,

Wednesday 15th November - for children in the **Wombat room**.

We invite families to come along with their child to experience some time at our Preschool Orientation. You may visit between 9.45am to 10.45am, a parent must be with your child at all times. The children will experience outdoor play and craft activities. During this time teachers will invite parents inside for a talk, without your child if possible, and we have a chat about what you can expect and give you an opportunity to ask any questions. This gives your child an opportunity to have interactions with their potential new friends and practice separating from you. If you have not received an email with the information regarding dates and times please advise the office and we will send it to you.

School Leavers Luncheons & Morning Teas:

Preschool will hold luncheons and morning teas for parents & children going off to big school next year. The lunches and morning teas are also attended by the Principal or Kindergarten coordinator for each school to give parents an opportunity to ask any questions they may have about starting big school.

Lunches; Monday 19th November 2018 Springwood PS from 11.30am,

Thursday 22nd November Falconbridge PS from 11.30am.

Morning teas; St Thomas Aquinas - Tuesday 20th November from 9.30am,

Ellison Public School - Friday 23rd November from 9.30am.

Invitations will be sent out at the beginning of term 4.

