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2024 NEWSLETTER

Important Dates...

- Party week 9th 13th Dec –
 please see details in the
 newsletter & emails sent
 from the rooms.
- Seniors visit Friday 13th
 December
- <u>Last Day</u> of term 4 –
 Thursday 19th December
- First Day of Term 1 2025 -Monday 3rd February

For these dates and more throughout the year please view our

Website Calendar



DECEMBER 2024

'Like' us on Facebook

Visit our Website for information & events

A few important reminders....

The end of the year is in sight but first we have a few important notes to bring to everyone's attention:

- Pack spare clothes In the hot weather children are having water play which means children need to get changed out of wet clothes. Please pack spare clothes in your child's bag.
- **Shoes** Please ensure that children always come to preschool with shoes on. In case of an emergency if we need to evacuate the preschool, it is not safe for children to have to walk across the road in bare feet.
- No hot beverages at 'End of year celebration' –
 It is against our policy to have hot beverages in the
 classroom or yard where there are children, so we ask
 parents please do not bring hot drinks to preschool.
- No nuts or nut products at 'End of year
 celebration' Please remember that we will have
 children in attendance with nut allergies, so we ask
 parents to please refrain from bringing these foods to our
 upcoming end of year celebration.

Thank you



We are so excited to start planning for our

50th Birthday party to be held next year and

we would love your help.

If anyone is interested in contributing towards our special occasion, you are very welcome to join our birthday subcommittee.

If you know of anyone in the community who has an association with the preschool and would like to be a community representative, please ask them to get in touch with us. We are hoping for a wide scope of people from the community to be a part of marking this very special occasion.





Party Week dates - see











PRESCHOOL PARTY WEEK

EVERY DAY APART FROM WEDNESDAY WILL BE A PARTY DAY DURING THIS WEEK.

- Children can bring party food in their lunch boxes (please no nut-based products). Some Ideas could include fairy bread, chips, a jelly cup, cupcakes, fruit/vegle sticks with dip and popcorn.
- We will not be sharing any food or providing any food except for a Zooper Dooper iceblock.

PARTY WEEK WILL TAKE PLACE FROM MON 9th Dec THROUGH TO FRI 13TH Dec.



Monday 9th Dec - BEACH DAY

Come in your swimmers and rash vest (for sun protection - a t-shirt will also do) ready to enjoy some water fun! Please bring a towel with your name on it, some clothes to change into and a bag for your wet things. PLEASE HELP US OUT BY LABELLING EVERYTHING!



Tuesday 10th Dec - DISCO PARTY DAY

Come dressed up - fancy dress, Christmas theme, crazy hair, favourite character. Don't forget to bring your dancing shoes!!! This is the same day as picnic celebrations with families and friends (1-3pm).





Thursday 12th Dec - Beach Day

Come in your swimmers and rash vest (for sun protection - a t-shirt will also do) ready to enjoy some water fun! Please bring a towel with your name on it, some clothes to change into and a bag for your wet things. PLEASE HELP US OUT BY LABELLING EVERYTHING!



FRIDAY 13TH Dec - Disco Party Day

Come dressed up - fancy dress, Christmas theme, crazy hair, favourite character. Don't forget to bring your dancing shoes!!! This is the same day as picnic celebrations with families and friends (1-3pm).





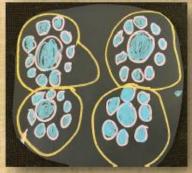














END OF YEAR CELEBRATIONS AT PRESCHOOL

Dear Families, friends and special people.

We warmly invite you to join us for our end of year celebrations at preschool.

WEEK 9

Tuesday 10th Dec & Friday 13th Dec from 1-3pm.

- BRING A PICNIC LUNCH TO SHARE WITH YOUR CHILD. PLEASE REMEMBER WE HAVE CHILDREN WITH NUT ALLERGIES IN ATTENDANCE SO PLEASE REFRAIN FROM BRINGING THESE FOODS.
- A VARIETY OF CREATIVE ACTIVITIES WILL BE PROVID-ED SO THAT YOU WILL BE ABLE TO JOIN YOUR CHILD IN MAKING SOMETHING SPECIAL FOR THIS TIME OF THE YEAR. WE BELIEVE THAT OFFERING THE CHIL-DREN THE CHOICE TO MAKE A GIFT FOR THEIR FAM-ILY IN THIS WAY REFLECTS OUR PRESCHOOL PHILOSOPSHY, PRINCIPLES & PRACTICES. THIS WILL TAKE THE PLACE OF ALL OF THE CHILDREN MAKING GIFTS AT PRESCHOOL.
- WE WILL FINISH OUR CELEBRATIONS BY GATHERING TOGETHER TO SING SOME OF OUR FAVOURITE SONGS

IN THE EVENT OF SEVERE WEATHER WE MAY NEED TO MODIFY OUR PLANS, BUT WE WILL KEEP YOU UPDATED.











Parenting Programs TERM 1, 2025

Courses provided FREE to residents of Penrith & Blue Mtns LGAs. Phone 4720 6500 or email groups@gatewayfamilyservices.org.au

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Circle of Security

Program

Eight week program that helps parents form secure relationships and stronger bonds with their children.

Date/Time

Every Wednesday

19th Feb - 9th April 10:00am - 11:30am

** Childcare available ** Must register

Location

Blaxland Uniting Church Hall 72 Old Bathurst Rd

BLAXLAND

Tuning in to Kids

Six week program that teaches parents to help children understand and regulate their emotions.

Every Wednesday

26th Feb - 3rd April 6:30pm - 8:00pm

Online via ZOOM



123 Magic & Emotion Coaching

4 week parenting program that equips you with the skills to manage children's challenging behaviours.

Every Monday

24th Feb - 17th Mar 6:30pm - 8:00pm

Online via ZOOM



Anxiety Coach

4 week parenting program that helps reduce anxiety and build resilience in your children. **Every Tuesday**

4th Mar - 25th Mar 6:00pm - 7:30pm

Nepean Christian School (Puggles Preschool) 836 Mulgoa Road MULGOA











We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



















part of a child's development, an increasing number of children experience higher levels of anxiety that can impact their day-to-day life.

This 4 week program teaches parents why children experience heightened anxiety and discusses a range of practical steps that parents can take to help build resilience in their children (4-12 years).

The program will cover:

- How loved ones can influence anxiety
- . Building resilience and reducing anxious symptoms · Practical strategies to use in moments of anxiety
- · Lifestyle influences that can help improve anxiety
- REGISTRATIONS CLOSE: 27th February 2025





Program details

Where: Nepean Christian School

When: Tuesdays

4th March - 25th March

For more information or to register via our website:

Phone: 4720 6500









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