

March

2025 NEWSLETTER

Important Dates...

- **Welcome Morning Tea at Preschool - Tues 4th & Thurs 6th of March @ 9am**
- **Preschool AGM Thursday 13th March @ 9:15am**
- **Seniors visit 8th April**
- **Family gathering Tues 8th & Thurs 10th April - details to come!**
- **Billy Cart Derby Fri 11th April @ Springwood Public School**
- **Term 1 ends Fri 11th April.**
- **School holidays 12th-27th April – Preschool is closed**
- **Preschool closed Monday 28th April – Staff Development Day**



MARCH 2025

'Like' us on Facebook:

www.facebook.com/springwoodpreschool

Visit our Website

for information & events:

www.springwoodpreschool.org.au

Supporting families at Preschool

Our goal at Springwood Preschool is to not only ensure your child has a great preschool journey but that we can also support our families too. We regularly reach out to local community organizations, government agencies, and non-profits who offer family support services within the Blue Mountains, like 'Gateway' and 'Stronger families Alliance'.

We understand that there are a range of methods you might prefer to access, consequently, we will upload any information through:- monthly newsletters, our website and our educators who will also attach information to their classroom weekly updates so keep an eye out for any attachments that may be of interest.

We have developed a 'Padlet' with a range of resources that we hope might be a useful tool for families. Below is a handy QR code to access our 'Padlet'. You can access the Padlet at any time and see the most up to date resources that have been uploaded.

**parent
resources**



We will also be sending out a link to our 'new family survey' that we would love families to complete so that we can identify any areas that might be of interest and how we can better support you. For example, hosting workshops where we bring outside professionals in to support parenting, or family well-being, or other identified relevant topics.

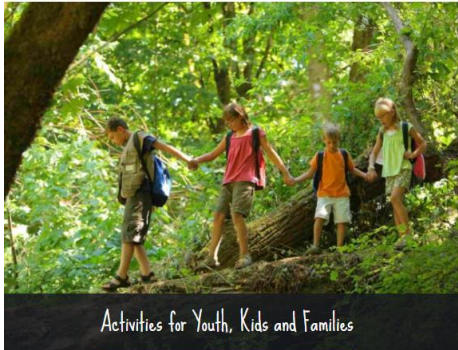
We hope that the platforms we are using will meet your needs and please feel free to speak with us if we can support your preschool journey with us.

Supporting families at preschool...



Welcome to the Stronger Families Alliance

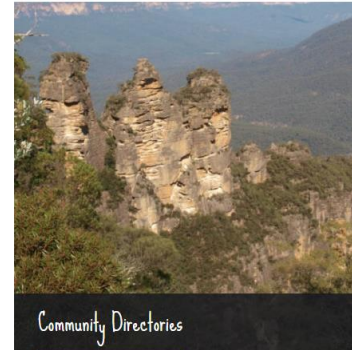
We are a network of government, non-profit, and voluntary organisations working together with community to support Blue Mountains families.



Activities for Youth, Kids and Families



Parenting Resources



Community Directories

Fancy a Cuppa?



Dear Parents,

On Tuesday 4th & Thursday 6th March our Parent Management Committee are holding their

"Getting to know you Morning Tea"

Just stay back when you drop your child off and have a cuppa in the staff room. Meet some new people and get to know the committee members who are the governing body of the preschool.

Everyone is welcome and we look forward to seeing you.

New Family Survey

We hope that your children are settling into preschool life and are as excited to come to preschool each week as we are to see them.

As this is the beginning of your preschool journey with us, we would like to take this opportunity to ask all new families to please complete a **'New Family survey'** which will be emailed to families this week or from the link below.

<https://forms.gle/MHomUDJc88teEnSd8>

Your valuable input to the **'New Family Survey'** allows us to improve and grow as a preschool and we appreciate your feedback. Please let us know if you require a paper copy of the survey and we will get one to you.

We thank you for taking your time to support our preschool.



Five compelling reasons to join our volunteer management committee

1. Make friends

Joining the volunteer committee is a wonderful opportunity to connect with other parents who share your commitment to early childhood education. By working together, you will build lasting friendships and a strong support network that enriches both your family's and your child's preschool experience.

2. Be involved in your child's early education

As a committee member, you'll have a say in the direction and policies of the preschool. You can voice your opinions and help shape decisions that affect your child's education and the preschool community as a whole. This can be a rewarding and empowering experience, and can help ensure that the preschool is meeting the needs of all families and children.

3. Make a positive difference for your community

Your efforts will help create a thriving preschool that supports the educational needs of all children and their families, ensuring a brighter future for the entire community.

4. Benefit from personal and professional growth

Develop new skills and expand your knowledge in areas such as leadership, communication, event management, teamwork, and decision-making. These skills are not only beneficial for the preschool but can also be applied to other aspects of your life, enhancing your personal and professional growth.

5. Share your Knowledge

Share your unique insights, talents, and expertise to help improve our preschool. Your contributions will help us develop innovative strategies, identify new resources, and implement best practices in early childhood education, ensuring that we continue to offer a high-quality learning experience for all our children. This could include anything from graphic design for event posters to cooking for fundraisers, to helping with IT and finance.

The volunteer management committee plays an essential role in the preschool's operations and success.

You will be involved in fundraising and organising social events for families, as well as contributing to decision-making processes related to the preschool's operations.



AGM

Springwood and District Preschool Kindergarten

Annual General Meeting is to be held on **Thursday 13th March**

2025 at 9:15am

at Springwood Preschool,
9 Macquarie Road, Springwood.

All are welcome.

Term dates

Term 1 ends Friday 11th April

Monday 28th April is closed for Staff Development Day

Term 2 begins Tuesday 29th April



Family Gathering at Preschool



SAVE THE DATE

Tuesday 8th & Thursday 10th April

Details will be shared with families about
an afternoon for family or someone
special to visit preschool.

We look forward to seeing you.

These and other important dates and
events can be found on our
Website Calendar

Safety in the Carpark

Baby Sleeping?

Unwell children in the car?

Let us help support you.

We know that dropping off or picking up children can be a challenge some days when you have other children in the car so please let us help support you.

If you're in need of a helping hand on occasion please call the preschool and we will either meet you at the car or the gate to collect or drop your child to you.

We kindly ask all parents and carers **NOT** to leave children unattended in any vehicle in our car park while you drop off their sibling at preschool. The safety issues around this practice leaves our Preschool, children and parents open to potentially serious consequences.

Please ask for help so we can keep everyone safe, thank you.



**Policies currently
under review.....**

Information & Record Keeping

- No changes, just reviewing to comply with regulations
<http://springwoodpreschool.org.au/wp-content/uploads/2025/03/Information-and-Record-Keeping-Policy.pdf>

Governance Management Committee Roles and Responsibilities

- Annual review to support newly appointed management positions <http://springwoodpreschool.org.au/wp-content/uploads/2025/03/Governance-Management-Committee-Roles-and-Responsibilities-Copy.pdf>

Commendation & Complaints

- No changes, just reviewing to comply with regulations
<http://springwoodpreschool.org.au/wp-content/uploads/2025/03/2023-Commendation-and-Complaints.pdf>

ST THOMAS AQUINAS PRIMARY

We're enrolling now for 2026!

OPEN DAYS

4 MARCH 9:30am - 10:30am

4 MARCH 4:30pm - 5:30pm

6 MARCH 9:30am - 10:30am

11 MARCH 4:30pm - 5:30pm



Scan QR code
to register
your interest



*subject to eligibility.
See website for more details.

168 Hawkesbury Road, Springwood T: 4723 3800 W: staspringwood.catholic.edu.au



Social Media

Springwood Preschool acknowledges that the use of social media and social networking can play an important part in engaging and interacting with families. As a preschool community, we are committed to embracing approaches that are relevant to the needs of our families in a safe and secure manner.

We acknowledge that social media and social networking will not replace other forms of communication, but that it can be useful in engaging with families and facilitating communication and consultation.

As our educators are also members of the private facebook group, **we ask parents NOT to make contact with educators privately on their personal profile via facebook messenger or send friend requests to staff.** We believe that it is a conflict of interest and not appropriate for parents or carers to contact educators outside of preschool's proper communication channels.

***Note:** If you wish to discuss preschool matters please phone or email the preschool or comment in the group forum on the facebook group. This decision is supported by our Social Media policy.

Due to this policy, staff will need to unfriend any existing friends during their preschool time. We apologise for any angst this may cause. If you would like more details on this request or about our policy, please free feel to speak with the Director.

Private Facebook group for communicating with families



Springwood Preschool 2025 Orientation & Communication >

If you haven't already, please consider joining our **private facebook group** set up for communication with families throughout the year. Click the link below or search for the name shown in the picture above.

<https://www.facebook.com/groups/1225696498698074>

During the year we will use the group to share various information like links to our newsletter, notes on illness, upcoming events or even notifying families about traffic incidents that may impact pickup times due to heavy traffic. We find it to be a more immediate platform to get information out to families.

Please do not invite other family members to join, only parents and guardians of children attending preschool will be granted membership of this group. Family members are very welcome to follow our public Facebook page.

Please note: If your Facebook name is different from your name on the enrolment, please let us know so that we don't decline your request, thank you.





Parenting Programs TERM 2, 2025



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

Program	Date/Time	Location	Register
Circle of Security Seven week program that helps parents form secure relationships and stronger bonds with their children (0-12 yrs).	Every Monday 12th May - 30th June 6:30pm - 8:00pm	Little Zak's Academy 14-28 Whitecross Rd WINMALEE	
Tuning in to Teens Six week program that teaches parents to help children (10-18 yrs) understand and regulate their emotions.	Every Monday 19th May - 30th June 6:30pm - 8:00pm	Online via ZOOM	
Bush Playgroup Six week interactive outdoor workshop for parents & carers and their children aged (3-5 yrs).	Every Friday 23rd May - 27th June 9:30am - 11:30am	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
Cool Little Kids Six week program that gives parents skills to help their (0-6 yr) old children manage their anxiety. ** Childcare available ** Must register	Every Wednesday 21st May - 25th June 10:30am - 12:00noon	Blaxland Uniting Church Hall 72 Old Bathurst Rd BLAXLAND	

Register online at www.gatewayfamilyservices.org.au



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





Bush Playgroup

6 week interactive outdoor workshop for parents/carers and their children aged 3-5 years.

Term 2 2025
LAPSTONE

Bush Playgroup is a 6-week interactive playgroup. The unique outdoor setting provides opportunities for children (3-5 years) to explore nature, socialise with other children, develop fine and gross motor skills and learn about the world around them.

Bush Playgroup sessions run for 2 hours. Children must be accompanied by a parent or caregiver.

- Connect with nature and each other through imaginative, sensory, and messy play
- Socialise and strengthen family relationships
- Learn about local bushland and using natural materials in craft making
- Activities include bushwalks, mud kitchen and campfire cooking

REGISTRATIONS CLOSE: 16th May 2025

Register now via our secure online portal

SCAN HERE



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Program details

Where: Lapstone Public School
1/3 Achievement Ave
Lapstone

When: Fridays (6 weeks)
23rd May - 27th June
9:30am - 11:30am

Cost: FREE for residents of
Penrith & Blue Mtns LGA

For more information or to register via our website:

Phone: 4720 6500

Email: groups@gatewayfamily
services.org.au

Web: www.gatewayfamily
services.org.au



Circle of Security Parenting

8 week parenting program to develop secure relationships and stronger bonds with children.

Term 2 2025
WINMALEE

This 7 week program will teach you how to be a bigger, stronger, wiser, and kinder parent. *Circle of Security Parenting* is based on decades of research about how secure relationships can be supported and strengthened with children aged 0-12 years.

The program will cover:

- Understanding your child's behaviour
- Help your child feel secure in relationships
- Navigating your role as parent in tough times
- Supporting your child in managing difficult behaviours, tantrums and meltdowns

REGISTRATIONS CLOSE: 6th May 2025

Register now via our secure online portal

SCAN HERE



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



Program details

Where: Little Zak's Academy
14-28 Whitecross Road,
Winmalee

When: Mondays
12th May - 30th June
6:30pm - 8:00pm

Cost: FREE for residents of
Penrith & Blue Mtns LGA

For more information or to register via our website:

Phone: 4720 6500

Email: groups@gatewayfamily
services.org.au

Web: www.gatewayfamily
services.org.au





Cool Little Kids

6 week parenting program to help your child overcome anxiety.

 Term 2 2025
BLAXLAND

If you have a 3-6 year old child with excessive shyness, anxiety or fears, this program will equip you with skills to help support them. Learn simple Cognitive Behaviour Therapy (CBT) strategies to help your child manage and overcome their anxiety, shyness and fears. **NOTE:** This course is for parents only, children are not required to attend.

The program will cover:

- Understanding anxiety and shyness
- Causes and risk factors for anxiety
- How to respond to your child's anxiety
- Skills and strategies to deal with fear
- Dealing with setbacks and difficulties
- Maintaining resilience long term

REGISTRATIONS CLOSE: 14th May 2025

Register now via our secure online portal

SCAN HERE



Limited childcare
* must register *



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Program details

Where: Uniting Church Hall, 72 Old Bathurst Rd Blaxland

When: Wednesdays
21st May - 25th June
10:30am - 12:00noon

Cost: FREE for residents of Penrith & Blue Mtns LGA

For more information or to register via our website:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au



Tuning in to Teens

6 week parenting program that supports you to help your adolescent develop emotional intelligence.

 Term 2 2025
ONLINE

This program helps parents and carers teach their teenage children (10-18 yrs) to understand, control and express their emotions in healthy ways.

The program offers tools to recognise, understand and respond to teenage emotions and help parents manage their own emotional responses.

The program will cover:

- Foundations of emotion coaching
- Connecting and emotional acceptance
- Building connection and showing empathy
- Dealing with teen worry, sadness & anger
- Emotion coaching now and in the future

REGISTRATIONS CLOSE: 13th May 2025

Register now via our secure online portal

REGISTER ONLINE



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



Program details

Where: Online via ZOOM

When: Mondays
19th May - 30th June
6:30pm - 8:00pm

Cost: FREE for residents of Penrith & Blue Mtns LGA

For more information or to register via our website:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

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