

December

2024 NEWSLETTER

Important Dates...

- **Party week 9th - 13th Dec** – please see details in the newsletter & emails sent from the rooms.
- **Seniors visit** – Thursday 13th December
- **Last Day 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



Preschool is turning 50 !!

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 sub-
committee.

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.

Term 4 ends
Thursday 19th
December



*Party Week
dates – see
following page...*





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/vegie 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).

WEDNESDAY IS A NORMAL PRESCHOOL DAY



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 PROVIDED 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 CHILDREN THE CHOICE TO MAKE A GIFT FOR THEIR FAMILY IN THIS WAY REFLECTS OUR PRESCHOOL PHILOSOPHY, 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

Program	Date/Time	Location	Register
<p>Circle of Security</p> <p>Eight week program that helps parents form secure relationships and stronger bonds with their children.</p>	<p>Every Wednesday</p> <p>19th Feb – 9th April</p> <p>10:00am – 11:30am</p> <p>** Childcare available ** Must register</p>	<p>Blaxland Uniting Church Hall</p> <p>72 Old Bathurst Rd</p> <p>BLAXLAND</p>	
<p>Tuning in to Kids</p> <p>Six week program that teaches parents to help children understand and regulate their emotions.</p>	<p>Every Wednesday</p> <p>26th Feb – 3rd April</p> <p>6:30pm – 8:00pm</p>	<p>Online via ZOOM</p>	
<p>123 Magic & Emotion Coaching</p> <p>4 week parenting program that equips you with the skills to manage children's challenging behaviours.</p>	<p>Every Monday</p> <p>24th Feb – 17th Mar</p> <p>6:30pm – 8:00pm</p>	<p>Online via ZOOM</p>	
<p>Anxiety Coach</p> <p>4 week parenting program that helps reduce anxiety and build resilience in your children.</p>	<p>Every Tuesday</p> <p>4th Mar – 25th Mar</p> <p>6:00pm – 7:30pm</p>	<p>Nepean Christian School (Puggles Preschool)</p> <p>836 Mulgoa Road</p> <p>MULGOA</p>	

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.





123 Magic & Emotion Coaching

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

Term 1 2025
ONLINE

123 Magic & Emotion Coaching is a FREE 4 week parenting program that teaches carers positive parenting skills that produce quick results.

Discover practical tools and learn strategies that help your children aged 2-12 identify and manage the emotions that are driving their behaviour.

You'll learn emotion coaching and cognitive strategies that you can teach to your children.

The program will cover:

- How to manage challenging behaviours
- How to use positive parenting skills
- Helping children manage emotional responses
- Using emotion coaching to encourage good behaviour

REGISTRATIONS CLOSE: 20th February 2025

Register now via our secure online portal

SCAN HERE



Program details

Where: Online via ZOOM

When: Mondays
24th Feb - 17th March
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

Web: www.gatewayfamilyservices.org.au

Gateway FAMILY SERVICES

BELONG BLUE MOUNTAINS COMMUNITY AND NEIGHBOURHOOD SERVICES

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



Circle of Security Parenting

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

Term 1 2025
BLAXLAND

This 8 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: 13th February 2025

Register now via our secure online portal

SCAN HERE



Limited childcare * must register *

Program details

Where: Blaxland Uniting Church
72 Old Bathurst Road,
East Blaxland

When: Wednesdays
19th Feb - 9th April
10:00am - 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@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au

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Tuning in to Kids

6 week parenting program that helps you support your child to understand and regulate their emotions.

Term 1 2025
ONLINE

This program helps parents and carers of children 12 and under to "tune in" and improve communication and connection with their kids.

Discover practical tools that help you build emotional intelligence in your child and support you to manage challenging behaviour.

The program will cover:

- Foundations of emotion coaching
- Regulating and working through emotions
- Identifying and validating emotions
- How to develop emotional intelligence
- Developing resilience and facing challenges

REGISTRATIONS CLOSE: 20th February 2025

Register now via our secure online portal

SCAN HERE



Program details

Where: Online via ZOOM

When: Wednesdays
26th Feb - 3rd April
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

Web: www.gatewayfamilyservices.org.au

Gateway FAMILY SERVICES

PENRITH CITY COUNCIL

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Anxiety Coach™ for Parents

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

Term 1 2025
MULGOA

While some feelings of anxiety can be a normal 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 the brain works and how anxiety develops
- 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

Register now via our secure online portal

SCAN HERE



Program details

Where: Nepean Christian School
Puggles Preschool
836 Mulgoa Road Mulgoa

When: Tuesdays
4th March - 25th March
6:00pm - 7:30pm

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

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