

October

2026 NEWSLETTER

Important Dates...

- **Seniors visit –**
Tuesday 20th October
Friday 6th November
Tuesday 17th November
- **Orientation for our 2027**
New Enrolments -
Saturday 31st October
- **End of year family**
celebration – Tuesday 8th
and Friday 11th December
- **Childrens Party Day –**
Tuesday 15th and
Thursday 17th December
- **Last day of Term 4 is**
Thursday 17th December -
Preschool is Closed from
18th December for School
Holidays.



Oct 2026

'Like' us on Facebook:

www.facebook.com/springwoodpreschool

Visit our Website

for information & events:

www.springwoodpreschool.org.au



For these and other important dates, please refer to the
Calendar on our Website anytime

springwoodpreschool.org.au/calendar/

Photos are here!!

* VIEW AT PRESCHOOL & PURCHASE ONLINE

Tuesday to Friday only please when Kellie is at preschool.

Preschool photos have arrived at preschool and will be available for viewing **from Thursday 15/10/26 for 3-4 weeks.**

*If you do not wish to purchase them, please also let us know so that we don't need to follow up with you.

Photos can only be viewed at preschool, and must be purchased prior to taking them home. If Kellie is not near the sign in table at pick up or drop off time, please feel welcome to come into the office to see your photos.

PAYMENT:-

Please go to our email and follow the link to Fotek's online payment system to pay by credit card.

PLEASE NOTE - For the protection of the children, their images cannot be seen on this link. Images can be viewed at the preschool.



The Original Pre-School Photographers

At Fotek we are dedicated to YOU!!
We pride ourselves on creating the best experience for our centres and the best environment for the children that we photograph.

ORIGINAL PACKAGE 6 page photo album











6 page photo album

Photos may be purchased separately from \$15-\$75
Prices start at \$10

SPECIAL OFFER

WITH PURCHASE OF THE FULL PACK for an additional \$40 receive soft copies of the 3 INDIVIDUAL IMAGES shown in your pack uploaded to your email address

Please pack a hat every day at preschool

As the weather begins to warm up, please remember to provide a hat for your child to wear while playing outdoors.

To meet child safety standards, hats should not have cords as they can present a choking hazard.

Hats should have a broad brim around it to protect children's ears and neck.

Unfortunately, we no longer have any spare hats available at preschool. Please check that your child comes each day with a hat that is clearly labelled with their name.

Thank you for your support.



Hats On Every Day!

Please make sure your child brings their own hat to preschool every day.
A named hat, in their bag, helps us keep everyone safe, healthy and ready for outdoor play!

Sun Smart Policy

Our preschool follows a Sun Smart policy. Wearing a hat helps protect your child's face, neck and ears from harmful UV rays, reducing the risk of sunburn and supporting lifelong healthy habits.

No hat, limited outdoor play

Hygiene Matters

Hats can collect sweat, hair, oils and germs. Sharing hats may increase the risk of spreading germs and head lice.

To help keep everyone healthy, children should bring and wear their own named hat every day.

Their Hat, Their Comfort

- Clean and hygienic
- Familiar and comfortable
- Always ready for outdoor play, excursions and all our fun in the sun!
- Helps your child feel confident and prepared.

Please make sure hats are clearly named



My Hat, My Health, My Sun Safety!

Thank you for helping us keep our preschool community safe, healthy and sun aware!





Policies currently under review.....

- **Sun Protection**

No changes, just reviewing to comply with regulations.

- **Water Safety Policy**

No changes, just reviewing to comply with regulations.

- **WHS Policy**

No changes, just reviewing to comply with regulations.

Christmas hamper donations



This Christmas, let's come together to help Gateway Family Services support families who are doing it tough ♥

Gateway's Christmas Hamper Program is back—and with the cost of living rising, the need has never been greater. We're calling on our amazing community to help collect food donations that go straight to families facing hardship.

Every item donated supports people in your community, and helps make Christmas Day special for families and children who are doing it tough.

Food items will be collected by Gateway in December. Soon we will put boxes near the sign in area to drop off your donations. *Thank you*



Gateway FAMILY SERVICES Parenting Programs TERM 4, 2026 **FREE**

Courses provided FREE to residents of Penrith & Blue Mtns LGAs.
[Click here to register online at gatewayfamilyservices.org.au](https://gatewayfamilyservices.org.au)

Program	Date/Time	Location	REGISTER NOW
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children (0-5 yrs).	Every Thursday 22nd Oct - 10th Dec 10:00am - 11:30am	Gateway FS Office - one Station & Henry St PENRITH	
Tuning in to Teens Six week program that teaches parents to help children (10-16 yrs) understand and regulate their emotions.	Every Tuesday 3rd Nov - 8th Dec 7:00pm - 8:30pm	ONLINE	
Sensory Explorers Six week program for parents & children (0-5 yrs) to explore, connect & play through sensory-rich experiences in nature.	Every Tuesday 27th Oct - 1st Dec 9:30am - 11:30am	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
Bringing Up Great Kids 8 week program for parents to build positive & respectful relationships with children (0-12 yrs).	Every Monday 2nd Nov - 7th Dec 7:00pm - 8:30pm	ONLINE	

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





Sensory Explorers

6 week outdoor playgroup for parents & children (0-5yrs) to explore, connect & play through sensory-rich experiences in nature.

Term 4 2026
LAPSTONE

Sensory Explorers is a supported 6-week play program designed for parents/carers and young children (ages 0-5) to enjoy meaningful connection through sensory-rich, play-based experiences.

Research shows sensory play can support children's emotional wellbeing, self-regulation, creativity, curiosity, confidence, and development, while also strengthening parent-child connection.

Activities include:

- Messy & sensory play
- Nature exploration
- Painting & creative activities
- Music & movement
- Mud kitchen play
- Stories & imaginative play
- Connection & fun together

A welcoming and inclusive space for families to connect, learn and explore together.

Program details

Where: Lapstone Public School
1/3 Achievement Ave
Lapstone

When: Tuesdays
27th Oct - 9th Dec
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@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au

REGISTER NOW



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FAMILY SERVICES



Bringing Up Great Kids

6 week program that helps parents build positive and respectful relationships with their children.

Term 4 2026
ONLINE

This six week program uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children (0-12) and teaches self-care strategies.

It promotes respectful interactions and encourages the development of children's positive self-identity.

By the end of the program parents will:

- Know how to build positive and respectful relationships with their children
- Identify how to respond to their children's needs
- Understand their parenting styles
- Understand the messages they give and receive

Program details

Where: ONLINE

When: Mondays
2nd Nov - 7th Dec
7:00pm - 8:30pm

Cost: FREE for residents of Penrith & Blue Mtns LGA

For more information or to register via our website:

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Web: www.gatewayfamilyservices.org.au

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Circle of Security Parenting

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

Term 4 2026
PENRITH

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 (0-6) years.

Parents expecting a baby are welcome.

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

Program details

Where: Gateway Family Services
Cnr of Station & Henry
Sts, Penrith

When: Thursdays
22nd Oct - 10th Dec
10:00am - 11:30am

Cost: FREE for residents of Penrith & Blue Mtns LGA

Enquiries and registration:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au

REGISTER NOW



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Tuning in to Teens

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

Term 4 2026
ONLINE

This 6 week program helps parents/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

Program details

Where: ONLINE

When: Tuesdays
3rd Nov - 8th Dec
7:00pm - 8:30pm

Cost: FREE for residents of Penrith & Blue Mtns LGA

Enquiries and registration:

Phone: 4720 6500

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Web: www.gatewayfamilyservices.org.au

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