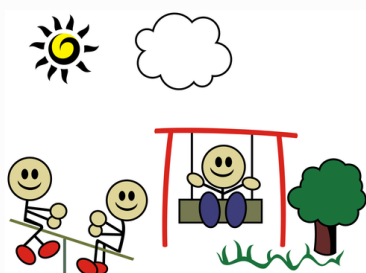


TERM 2 WEEK 4 - 2023

# NEWSLETTER

## DUBBO WEST PRESCHOOL INC



**Dubbo West Preschool Inc.**  
Quality Early Childhood Education

Term 2 Newsletter and we are already moving into week 5 next week. We hope all of the Mum's had a great Mother's day and enjoyed the lovely presents the children made.

## FEES

For those of you that are not claiming fee relief your fees for Term 2 have now been loaded onto the KinderM8 app. These fees can be paid at the office or via bank transfer BSB 082-564 Acc 13-740-3791 (Please put your child's name as the reference). We ask that all outstanding fees are paid two weeks prior to the end of each term. If you are having issues accessing the Kinder M8 app please see Mel at the front office.

## DWPS Branded Clothing

- Hats - \$15 (Navy)
- T-shirt - \$20 (Red, Blue, Pink and Teal)
- Long-sleeve Polo shirt - \$25.00 (Red and Navy)
- Jumper - \$27.00 (Red, Navy, Pink)

Available at the Office.

## Term 2 Events

- **Week 4: 15 & 16/5/2023 Hear Our Heart hearing testing**
- **Week 4: 15&16/5/2023 Phoenix Cup training for staff**
- **Week 4: 17/5/2023 Show entries are being taken to the showground**
- **Week 5: 22-25/5/2023 Fire/emergency evacuation drills & National Simultaneous Story time on 24/5/2023.**
- **Week 6: 29/5/2023-2/6/2023 Reconciliation week**
- **Week 7: 5-9/6/2023 Crazy Sock or Hair Day (further info will be put in pockets for what day your class will be doing their fundraiser)**
- **Week 8: 12/6/2023 June long weekend preschool is closed Monday.**
- **Week 9: 19-23/6/2023 PJ week (further info will be put in pockets about what day your class will be doing the fundraiser for asthma)**
- **Week 9: 19/6/2023 Parent committee meeting**
- **Week 10: NAIDOC week**
- **Week 10: 30/6/2023 last day of term2.**

# Parent Management Committee Meeting

**Our next meeting will be the 19/6/2023. If you have any questions or items you would like discussed please speak to a teacher in your room or fill in a form in the foyer and hand it into the office. Please add your details for a response.**

## 2023 Parent Committee

**President: Yentl Brady**

**Vice President/Fundraising: Nikki Taylor**

**Treasurer/Public officer: Melissa Harris**

**Secretary: Esther Behsman**

**Member: Sammi-Jo Skinner**

**Member: Leanne Freeth**

The Parent Committee have been working really hard on upgrades to the preschool. We have replaced our awnings out the back and across the therapy room due to leaks. The lights through the whole preschool have been replaced due to aging lights failing.

The new Smart panels are in and staff will receive further training from the suppliers soon. The old Smart boards were given a new life in other early childhood services across Dubbo. Our Parent Committee are dedicated to supporting the staff and improving our preschool. There are future plans for fixed structures in the front playground so we have shade and wet weather protection. The lino and carpets will be replaced in some rooms and parts of others this coming school holidays. The Committee are also looking at replacing the old play equipment in the front playground at a later date and perhaps a building extension.

If you would like to be involved in making decisions in the future of the preschool we vote in our new committee at the end of each year for the following year. We do keep some of the experienced committee to support newer members each year. To continue the operation of our community based and managed preschool we must have a parent committee who are well supported by the paid staff. At most two meetings a term of your time is required from 6-7.30pm approx.

## Fundraising

The Committee have decided to run our tea towel fundraiser this year so the children will start with a drawing of themselves very soon and a 3 year old and 4 year old tea towel or apron will be printed and available for purchase later in the year.

Jumpers, t-shirts and hats are still available at the office and the costs are kept as low as possible with any profit going back into the preschool.

## Hear Our Heart

**The Hear Our Heart bus has been visiting again this term on Monday and Tuesday completing follow-ups or testing any children who need it. The Preschool supports the overall health of the children attending and donate to the Hear Our Heart service to test the children to keep this service available.**



# Staff Farewell

We say farewell to Miss Viv this week. We would like to thank Miss Viv for her time and effort at Dubbo West Preschool for over 15 years. We wish you all the very best in your new adventures. Miss Viv is currently on long service and will not be returning to her position before she starts on her new path.



# Clothing

**Pack a spare jumper in case it is needed as the weather cools down.**

**• Names on clothes and hats please so they can be returned at the end of the day.**

**• Pack spare clothing and undies in your child's bag as we have limited supplies of spares.**

**• If your child has used spare clothing from preschool can you please make sure you return them after washing as we run out regularly.**

**• Dress for the weather as we do still go outside.**

# Medications

If your child is required to take medication or have it here at Preschool it should have been prescribed by a doctor. The medication must be in its original container, with your child's name and details of dosages on the container from the chemist.

• Over the counter medication can not be given unless prescribed by a doctor or if it is part of a medical plan that is decided by a doctor and it must also be labelled as above.

• Antibiotics must have been taken for at least 24 hours before attending preschool with no symptoms of infection still occurring.

• A medication form must be completed– long term or short term forms are available in your classrooms just ask the Teacher or staff and medication must be handed to staff to be held in a locked cupboard.

If your child is unwell, please keep them home so that we can protect other children, staff and families.

# COVID, RSV, Influenza & Illness

There are a number of cases in the Dubbo region and throughout schools. We do ask if your child is showing symptoms of COVID, RSV or Influenza that your child stays home until symptoms have gone. If your child is still displaying infectious type symptoms such as a temperature, a headache, a heavy or persistent cough, green nose, cold or flu like symptoms or nausea they are not ok for preschool.

To keep everyone well and our preschool open for our 240 families, if preschool children present with any symptoms of any infectious diseases we will call you to pick them up. This will be difficult in winter to judge with some children who tend to have cold like symptoms on a regular basis. The rules however about attending Preschool have not changed when unwell. As noted in the foyer the traffic light system (also provided in your parent handbook and in this newsletter) is applied and considered along with any COVID, RSV or Influenza symptoms that a child may have. This notice is sent out in the enrolment process and is a part of our policies that you agree to follow.

- When children have a green runny nose it does mean there is an infection somewhere and it is contagious.
- Ear infections, when there is a discharge coming from the ear is also contagious.
- Persistent, chesty or croup coughs, should be kept at home out of the cool air. Especially those children who suffer with asthma.

## IS YOUR CHILD TOO SICK FOR PRESCHOOL TODAY?



### TRY AGAIN NEXT WEEK

Fever of 39 degrees or higher  
Wheezing or shortness of breath  
Hard cough  
Constant runny nose with yellow/green tint  
Lethargy  
Diarrhoea or vomiting  
Redness or runny eyes  
Sore throat or swollen glands  
Undiagnosed rash  
Persistent itching  
Uncovered sores  
Unusual colour



### JOIN US IF PARENTS CAN CHECK

Fever-free for 24hours  
Sporadic cough  
Minimal green/yellow runny nose



### OK TO COME AND PLAY

Mild, infrequent cough  
Clear runny nose  
Active, playful, and rested

**If in doubt, please stay out  
And try again next week.**



# MUNCH & MOVE

## Key messages



The *Munch & Move* program promotes children's healthy eating, active play, and encourages limiting small screen recreation through six positive, health promoting key messages.

### ENCOURAGE AND SUPPORT

#### breastfeeding

Exclusive breastfeeding is recommended for babies until around six months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.

Breastfeeding is a learnt skill and it is acknowledged that some mothers may not be able to breastfeed for various reasons.

There are many benefits for both the mother and infant:

- ✓ It is safe, convenient and comes pre-warmed.
- ✓ It helps reduce the risk of allergies in children.
- ✓ It helps prevent gastrointestinal illness.
- ✓ It provides perfectly balanced nutrition.

### CHOOSE WATER

#### as a drink

There are many reasons why water is the best drink of choice and why we need to encourage children to drink it regularly throughout the day. Water helps keep us hydrated, assists in regulating body temperature and maintains bowel health. In most parts of NSW water also contains fluoride, which helps develop strong healthy teeth.

Children should be encouraged to drink water and plain milk.

#### How much fluid each day?

- ✓ Toddlers (1–2 years) 
- ✓ Preschool aged children (3–5 years) 

\* Cooled boiled water can be introduced to babies in a sippy cup from 6–12 months.

\*\* For children under 2 years full cream milk is recommended and for children older than 2 years reduced fat milk is recommended.

#### Tips on how to encourage water at home:










- ✓ Add fresh citrus segments/slices to the water to add natural flavour.
- ✓ When you go out always take a full water bottle for your child.
- ✓ Talk with your child about how we need water to survive, just like animals and plants do too.
- ✓ With the family meal serve water to everyone so you can role model drinking water too!

### EAT MORE

#### fruit and vegetables

Encouraging children to eat a wide variety of fruits and vegetables will have positive long term health benefits. Fruits and vegetables are a great source of vitamins, minerals and antioxidants and they supply dietary fibre in a child's diet.

#### The daily recommendation is:

- ✓ Children 2 to 3 years: 1 serve of fruit  and 2½ serves of vegetables.   
- ✓ Children 4 to 8 years: 1½ serves of fruit  and 4½ serves of vegetables.    

#### Tips on how to encourage fruit and vegetables at home:

- ✓ Ask your child to help you choose fruits and vegetables at the grocery store – make it a fun experience for them.
- ✓ Buy a variety of fresh, frozen and canned.
- ✓ Be creative in how you prepare and serve – for example raw, sliced, grated, cooked, mashed or baked.
- ✓ Make a smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruits and/or vegetables; blend it with reduced fat milk and/or yoghurt.
- ✓ Offer cut up vegetables as snacks.



MAKE  
HEALTHY  
NORMAL





## CHOOSE HEALTHIER snacks

Children only have small stomachs and need snacks to provide them with the energy to get through the day and the nutrition to grow up healthy and strong. The best snacks are those based on healthy, filling 'everyday' foods from the *Australian Guide to Healthy Eating* such as fruit and vegetables, dairy products and wholegrain (wholemeal) breads and cereals.

### Tips to choosing healthier snacks:

- ✓ Make healthy snacks from scratch like muesli slice or healthy muffins and freeze them.
- ✓ Have a prep night – for example every Sunday and Wednesday prepare your family snacks for the rest of the week. This can save time and money.
- ✓ Keep it simple – for example cheese on wholegrain crackers, vegetable sticks with hommus.
- ✓ Buy reduced fat yoghurt in large containers and transfer into small plastic containers for the lunchbox.
- ✓ Buy reduced fat cheese in bulk and cut into pieces/cubes.

## GET ACTIVE each day

Being physically active has so many health benefits including helping to maintain a healthy weight and building strong bones and muscles. Participating in physical activity improves concentration, confidence and self-esteem and playing together strengthens relationships too. So, get active today and have fun as a family!



- ✓ Babies (birth to 1 year) should be encouraged to be physically active – particularly supervised floor-based play in safe environments.
- ✓ Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.
- ✓ Infants, toddlers and pre-schoolers should not be sedentary, restrained or kept inactive for more than one hour at a time – with the exception of sleeping.

### Tips to encourage families to engage in physical activity:

- ✓ Walk or ride a bike with your child to the local shops or to and from childcare.
- ✓ Encourage children to help with household chores such as walking the dog, washing the car or mowing the lawn.
- ✓ Go for a family walk after a meal.
- ✓ Keep a football, frisbee, jump rope, scooters or bat and ball in your car at all times.

## TURN OFF THE SCREEN AND get active

Encouraging children to turn off the screen and get active will mean less time spent in sedentary activities and also encourages them to become more social.

- ✓ Children younger than 2 years should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games). 
- ✓ Children 2-5 years, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day. 

### Tips to manage screen time:

- ✓ Turn off the screen at meal times and eat together as a family.
- ✓ Make bedrooms screen-free zones.
- ✓ Place limits on screen time use.
- ✓ Role model good screen time habits.

### Boredom busters:

- ✓ Make a creative cupboard – fill it with craft supplies (pencils, crayons, collage paper, glue etc).
- ✓ Have pre-made playdough in the fridge ready for your child to play with.
- ✓ Let your child help you cook! They could be in charge of measuring the ingredients or even cutting the food using a child-safe knife.
- ✓ Board games are great for the whole family.



For more information and ideas on healthy eating and physical activity visit [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



SHPN (CPH) 170-482

