



TERM 3 WEEK 10 - 2025

NEWSLETTER

DUBBO WEST PRESCHOOL INC

Hi All,

Term 3 is coming to an end very quickly, we finish on the 26/9/2025 and term 4 begins on the 13/10/2025. Thank you for all of your effort joining in the events this term.

Term 3 Events

- 22-26/9/2025 – Crazy hair & sock week (classes will give more details on specific days)
- 23/9/2025 Incursion- Bees are critical for the environment.
- 26/9/2025 – Last day of term 3
- 13/10/2025 – first day term 4.

During term 3 St Pius year 4 & 5 classes will visit on Tuesdays and Thursdays during outside playtime to meet the preschool children and learn how to be good buddies to students at their school to future kindergarten students.

Term 4 Events

- 20-24/10/2025 – School lunches (4-year-old classes will be grouped by schools they are attending next year)
- 27-31/10/2025 - School lunches
- 28&30/10/2025 – St Pius X visit
- 31/10/2025 – Mr Bamboozle



Parent Management Committee Meeting & Special General Meeting

Our next Parent Management Committee Meeting is 10/11/2025 for the 2025 committee. If you have any items you would like discussed please speak to a teacher in your room or fill in a form in the foyer and hand it to the office.

Please add you contact details for a response.

2025 Parent Committee

President: Natasha Searle

Vice President/fundraising: Abbey Rouse

Treasurer/Public officer: Melissa Harris


Secretary: Georgia Langes

Member: Susan Hill

Member: Tegan Keed

Special General Meeting

The Special General Meeting will be held on the **8th December 2025** to vote in a new committee. We do have a number of committee members heading off to school. **Our preschool needs to have a parent committee to continue to operate so please consider joining to be a part of the 2026** committee. Let us know if you would like to talk to any of the current committee to gain a sense of what is involved or talk to the office.





Immunisations

Please be aware that it is a requirement that your child's immunisations must be up to date to enrol in and attend preschool under the NSW No Jab No Play Public Health Amendment (Review) 2017. With delays with Doctor Appointments some children have unfortunately been unable to attend until they receive their immunisations. We do send out reminders a month before they are due so plan ahead. If your child is medically unable to have immunisation needles we will require medical exemption or a recognised catch up schedule that is being adhered to prior to starting or returning to preschool. Please see the Director Cathryn Albert if you have any further questions regarding immunisations.

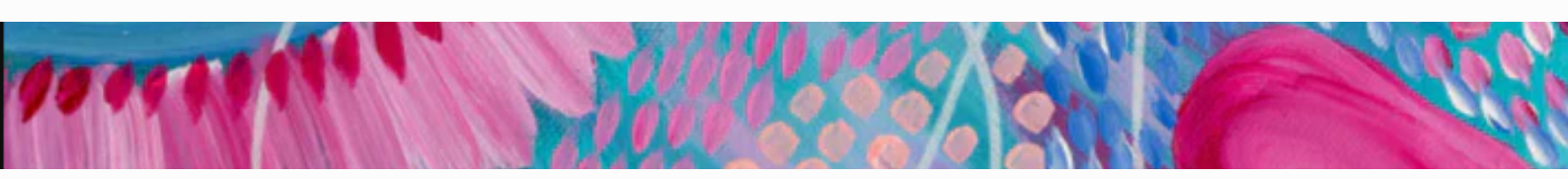
Medical conditions

There are still many illnesses and germs doing the rounds. If children are feeling unwell or just not right in the morning maybe they are coming down with something.

For medical conditions: If you have any changes to medication or you are asked for an updated medical plan or medication please be aware children are unable to stay at preschool without a current medical plan and in date medication.

Hair care

Just a reminder that there are nits around so keeping long hair tied up and plated if possible limits contact. Noting that children become extremely itchy in the head area or back or the neck if they have picked up some and it becomes very obvious they are uncomfortable. We do send children home if live nits are seen for treatment to reduce the spread, and children can return once treated. Please check hair regularly to help us.





FEES

Please note that fees for term 3 have been raised and are available for viewing in the KinderM8 app. As agreed to in the enrolment form and the enrolment policy these fees need to be finalised by week 8 each term.

Please advise the office if you are experiencing any financial difficulties.

Weekly direct deposit into the Preschools bank account can be arranged through your internet banking.

DWPS Branded Clothing

Hats - \$15 (Navy)

T-shirt - \$20 (Blue, Pink and Teal)

Long-sleeve Polo shirt - \$25.00 (Red and Navy)

Jumper - \$27.00 (Navy, Pink)

The costs are kept as low as possible with any profit going back into the preschool.

Available at the Office.



GATE SAFETY

A reminder that last term we have discussed with each child that they must wait for an adult to be with them before they walk through the office area/foyer. Staff will remind the children of this rule while they are at preschool and if you could also remind them on the way out that would be great.

Even though children are unable to open the gate any preschool children who run through the foyer with no adult will be reminded to go back to their adult rather than wait out in the front walkway.



Footwear and clothing

As the weather changes remember to label all pieces of clothing that can be removed so it can be returned to your child. Jumpers, hats and sometimes shoes can be lost and socks get buried in the sandpit. Once they have been rescued we can ensure they are returned if they have names on them. Having a big enough bag to put clothing in is a great help. Footwear should be sensible shoes for climbing, running and protecting toes. Crocs and Birkenstocks can limit your child's ability to move around the play equipment and their involvement in activities because of their shoes falling off or tripping them so please leave them at home. Please pack hats each day as we have had a number of children without them and we do still wear them during winter. Term 4 we start outside first before it gets too hot so apply sunscreen prior to arrival or when dropping off so we can play before it gets too hot.

Food safety


Please remember we have **anaphylactic children** attending our preschool who have allergies to eggs and nuts. This is a life threatening condition. Please check ingredients you pack in your child's lunch boxes otherwise items may be sent home if they contain these including chocolate of any description. Some store bought muffins contain eggs.

Traces are noted in most items and these are acceptable as they are precautionary.

ICEBRICKS- as the weather warms up soon please make sure you put ice bricks in lunch boxes to keep food at a safe temperature.

The Picnic Project

The Picnic Project is a free program supporting infant and child feeding from 0-6 years. From babies first food, throughout the fussy eating years, and beyond. You can access the program on Facebook under: The PICNIC Project or contact rachel.gerathy@health.nsw.gov.au or pick up a brochure in the foyer with a QR code. There are online workshops, Q&A sessions, online parent community, dietician support, website and social media.



Food at Preschool

A reminder our Preschool is:

NUT AND EGG FREE

(no peanut butter, no chocolate, chocolate chips or chocolate like products such as Nutella . No egg including in packet cakes or banana bread that have egg products in them as this puts anaphylaxis children at risk of a reaction so please do not pack them)

- We encourage healthy eating such as fruit first for morning tea
 - No junk food please (EG:chips,lollies)
- A good balance of food for the day-enough food for morning tea and lunch
 - Water only in drink bottles
- Pack a spoon or fork when needed and containers your child can open themselves and please use ice bricks in lunch boxes to keep food cold
- We encourage self-help skills when opening lunch boxes and packets (or ask a friend)



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](http://healthylunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au

IS YOUR CHILD TOO SICK FOR PRESCHOOL TODAY?

TRY AGAIN NEXT WEEK

**RED
LIGHT**

Fever
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

**YELLOW
LIGHT**

JOIN US IF PARENTS CAN CHECK

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

**GREEN
LIGHT**

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.**

