



TERM 2 WEEK 2 - 2025

NEWSLETTER

DUBBO WEST PRESCHOOL INC

Welcome to Term 2

Hi All,

Term 2 is here already and we are looking forward to welcoming Mums and/or Grandmas to have afternoon tea with us this week.

Term 2 Events

- 29/4/2025 & 1/5/2025 – Healthy Harold sessions
- 5-9/5/2025 - Mother's Day afternoon teas (See rooms for dates & times of your afternoon tea session).
- 6 & 8/5/2025 – Cross fit sessions start every Tuesday and Thursday this term with our 4 year old classes.
- 13/5/2025 – Parent Committee Meeting (current members)
- 13-16/5/2025 – STEPS eye screening
- 28/5/2025 - Show entries will be taken down to the show ground for display. (Don't forget to visit the pavilion to have a look at our art and craft).
- 21/5/2025 – National Simultaneous story time
- 2-6/6/2025 - Fire drill & evacuation practice.
- 9/6/2025 – Public holiday
- 11/6/2025 – Thank a 1st Responders Day
- 12/6/2025 – Skylar's circus incursion
- 16/6/2025 – Parent Committee Meeting (current members)
- 17/6/2025 Reptile encounters incursion
- 30/6/2025-4/7/2024 – NAIDOC week (see room staff for details of your child's NAIDOC day).



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.

Morning signing in

Spaces for your child to sign in are often provided out the front or inside of their classroom. This is an activity that develops fine motor strength, planning and writing skills. If the surface is on a slope this also engages core muscle strength and co-ordination. Taking time to support your child while they sign in would be a great benefit to their development.

CrossFit sessions

Our 4-5 year old classes will begin 30 minute Cross Fit sessions this term where the children will learn and practice foundational movements including running & jumping. Coaches will encourage positive self-talk when children are faced with challenges. The children will also have discussions about the importance of exercise and nutrition. The program is linked to the Early Years Learning Framework through CrossFit Dubbo. Please wear joggers for the sessions.

Possum room

Our Possum room is an extra room we use to further develop all children's skills. If your child attends the Possum room it could be to develop skills, be involved in small group sessions with other children, be involved in social skills programs, school readiness or confidence building to name a few. You will be informed if they are attending the possum room prior. They will work with Miss Chrissy and Miss Leanne (who are therapy support Educators). The Possum room staff also go into rooms or the playground to support classes. If you have any other questions about the Possum room please talk to your room staff or feel free to call 0268827144 to talk to Miss Leanne or Miss Chrissy or Danielle Pears our OT who attends Fridays to review the work being done in the Possum room.





Immunisations

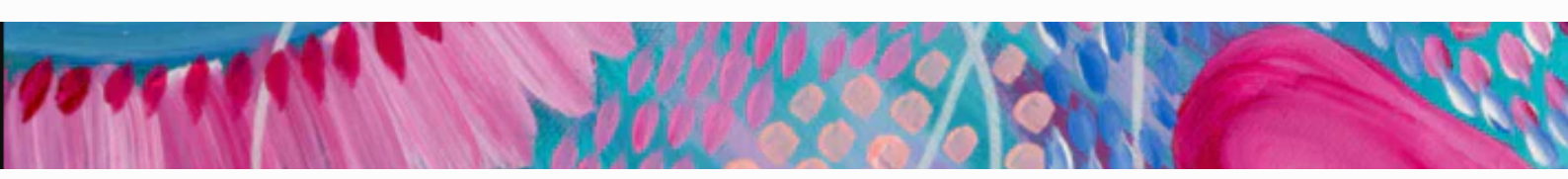
Please be aware that it is a requirement that your child's immunisations must be up to date to enrol in and attend preschool under the NSW No Jab No Play Public Health Amendment (Review) 2017. With delays with Doctor Appointments some children have unfortunately been unable to attend until they receive 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

Winter is coming and the season is changing so if there have been any changes to your child's medication please ensure you have spoken to the staff in your room so they can adjust any medical conditions forms please. This is the time of year that colds and flus are around and there is still Covid cases and RSV so if children are unwell please keep them home. We have heard that getting doctors' appointments are very limited at the moment so plan for future updates, ongoing medication and immunisations well ahead of time.

Doterra oils

In some rooms we do use Doterra oils in diffusers especially as the winter months start to assist with germs. We do also use different blends during the day. If you have any concerns or feel that your child may not tolerate certain oils or if you would like further information on the Doterra range please speak to your room staff.





FEES

Please note that fees for term 2 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.

Re-enrolments



Please ensure that all siblings are on the waitlist for Preschool

<https://ccs-dubbowestpreschool.kinderm8.com.au/waitlist-form>

Our process for Re-enrolments are as follows

1. Ensure your siblings are on our waitlist
2. You will be sent a re-enrolment form at the end of this term for your children that already attend Dubbo West Preschool
3. On that re-enrolment form you will need to select your preferred days 1st and 2nd choice. (We will do our best to accommodate everyone - but first in best dressed)
4. You will receive a confirmation email from us with the days, class and teacher once the cut off day has been reached and we have processed all of the re-enrolments.

Training in Circle of Security

All staff have completed Circle of Security training which has included 20 hours of training that has mostly completed outside of our normal hours for staff except for the pupil free day at the end of term 1. Staff are beginning to use the Circle of Security approach in rooms and we will continue to learn through professional classroom mentoring. We also plan to deliver some webinar training for all parents or family members to access. Dealing with Difficult Moments, Emotion Coaching and then Introduction to Circle of Security are the topics we plan to cover. Watch for the announcement of dates and times.



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.

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.

Parent Management Committee

Parent Management Committee Meeting

Our next Parent Management Committee Meeting is 12/5/2025 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. The strategic plan will be the main focus of this meeting. The current strategic plan has come to an end and this will be a development of the next strategic plan.

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





Half year reports

Teachers will begin collecting information on every child in all of their developmental areas that will then be used for the half year reports you will receive. This will also assist us with planning and focus areas for your child's individual strengths and needs for the remainder of the year. Once you receive your half year reports and if you feel like you need further discussion or have questions please see the Teacher in your child's room.

Do you need any more information on how Dubbo West Preschool operates?

Below are links to our National Regulations, National Quality Framework and our approved Early Years Learning framework Version 2 that we work under and are assessed under to ensure we are meeting the standards.

National regulations

<https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653>

National Quality Standards

<https://www.acecqa.gov.au/media/23171>

The Early Years Learning framework Version 2

<https://www.acecqa.gov.au/media/35756>

If you had any questions about the above documents, our policies or how we operate or have a suggestion please feel to talk to a staff member, to the office or email the Director Cathryn Albert on director@dubbowestpreschool.com.



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.



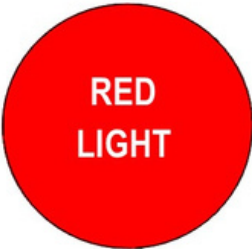
Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

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.**

