



Tathra Preschool 2022 Term dates

Term 1: 28th Jan-8th April

27th Jan: Staff set up day

28th Jan: PD Day

31st Jan: First day for 2-day group

2nd Feb: First Day for 3-day group

8th March: AGM

8th April: Picnic

Parent Teacher Meetings TBA

Term 2: 25th April-1st July

25th April: Public Holiday

15th June Hearing Australia

Parent Workshop TBA

Term 3: 18th July-25th September

12th September: Photos

Parent Teacher Meetings TBA

Term 4: 10th Oct- 20th Oct

15th October: Working B

19th December: Picnic celebration and last day for Children

Term 1 Welcome Newsletter: 2022

Contact details: Phone: 6494 1847.

Email: info@tathrapreschool.com.au

Yarabee to our existing and new families. We are looking forward to another year learning in play on Djiringanj Country. Djiringanj, Thaua and Dhurga were the languages used by indigenous people of the South Coast. Yarabee is a word used as a greeting and farewell. Tathra is the place of the quoll (wild cat).

Our staff for 2022

Jane Courtney

Director and Teacher Admin: Mon/Tue.

Teacher: 3-day group Wed/Thur

Kym Hawthorne

Teacher Mon/Tue: 2-day group.

Educator: 3-day group

Annette Turner

Educator: 2-day group

Mayumi Murphy

Educator: 2-day group.

Emily Monck

Inclusion Support Educator: 2-day group

Educator: 3-day group

Michelle Bye

Inclusion Support Educator: 3-day group

Sophie Rose

Inclusion Support Educator Friday

Chris Fantham: Administration Officer Wed/Thur



We say farewell to Trish who is off to have adventures. Trish has been an absolute asset to our Preschool. We will miss her kind and generous spirit and she will always hold a very special place in our hearts. We wish Trish and her family all good things for the future.

This year Jane will be working a 4-day week and Kym will be teaching on Fridays. We welcome Sophie Rose to our team. Sophie has worked at the Preschool as a casual educator over the last 12 months and will be replacing Trish as our inclusion support educator on Fridays. We are very pleased to have Sophie working with our team.

Handy hints to remember

- ✓ Name everything
- ✓ BROAD BRIMMED hat to play is a must please
- ✓ 2 LUNCH BOXES please
- ✓ Healthy food.
- ✓ Tathra Preschool is plastic free.
- ✓ Minimise throw away packaging.
- ✓ 1 drink bottle with water only.
- ✓ A few changes of spare clothing.



COVID Safe Preschool

Please check your email for important information regarding our Covid-19 safety plan and our risk minimisation measures in place for beginning of term 1

Educational Program

The National Early Years Learning Framework has been developed to ensure children receive quality education in early childhood settings. At Tathra Preschool we use the Early Years Learning Framework in partnership with families to develop an educational program which is responsive to children's ideas, interests, strengths and abilities. Our teaching and educational program is organised around 5 learning outcomes:

1. Children have a strong sense of identity.
2. Children are connected with and contribute to their world.
3. Children have a strong sense of well-being.
4. Children are confident and involved learners.
5. Children are effective communicators.

Each child will have a photo above their bag hook and a photo at the front entry to sign in and out each day. These resources create a sense of belonging and foster a sense of identity." A sense of belonging is essential if children are to be successful learners. By fostering belonging we also foster wellbeing and learning" (Early Years Learning Framework).

You will receive booklet for your child to take home after their first day of preschool. This resource helps you and your child to become familiar with the names of their teachers and the children in their group. Our day is planned to provide familiar and open-ended experiences which enable children to feel successful and confident, eg books and story experiences,



imaginative play, play dough, painting, water and sand. There will be lots of opportunities to share holiday stories and the joy of summer in our local area.

Getting to know you child

You will find the Children's Diary next to the sign in and out book. We encourage you to read through the diary, ask questions and make suggestions. It is always great to hear about the things that interest your child and family, which can be incorporated into our day. In the afternoon you will see photos we have taken (downloaded onto a digital photo screen) so we can share our day with you.

We have a Teaching Journal in the staff room where we document children's learning, interests and needs. We set aside time for parent/teacher meetings in Term 1 and 3.



Transition to Preschool: Your child's first weeks at preschool

We aim for children to feel safe, secure and supported at preschool as they establish relationships with teachers, educators and other children. Children will vary in how much time they need to become comfortable and confident at preschool. Some children will come running in the door keen for you to go, while others need more time to get to know us and become familiar with the routine of the day.

Half days are helpful for new children as they become familiar with the preschool day. Feel free to approach any of the teachers and educators if you need help to settle in your child. It is a good idea to link your departure to a specific activity, eg, do a painting together and then say good-bye. An early pick is a good idea while your child is settling into the preschool routine. Please feel free to talk to us about what suits you and your child best.

Families are welcome to spend a short amount of time at preschool to help children as they settle in. If your child is upset/anxious or unsettled while at Preschool, we will ring you to seek your guidance. You are welcome to ring and check on your child throughout the day. We have adapted our transition to preschool procedures to reflect current research which supports children and minimises anxiety. Here is what the research tells us about separation anxiety:

As long as you are still with them, their amygdala (the part of the brain responsible for anxiety) will have hope that the separation won't happen, and it will keep the fight or flight response going. Once you leave, the amygdala registers futility. Only then can your young one's brain and body rest. The neurochemical surge that is driving the physical, emotional and behavioural symptoms of anxiety will start to neutralise and their anxiety will start to ease. The sooner this happens, the sooner your child can settle and get on with the day. There might be big tears when you leave, and that's okay. These tears are a sign that the brain has registered futility, and is moving to adaption, which lies at the heart of resilience. It's never easy

watching someone you love in distress, but remind yourself that they are safe, that the tears will pass quickly, and that you are providing the experience that will build resilience and encourage and show them they can do hard things.

A quick goodbye is a good goodbye. Always say goodbye and reassure your child that the teachers will look after them. Let a staff member know you are leaving so we can support your child and take your child to the waving spot. When you leave, your child's brain and body will start to adapt. The brain will neutralise the surge of fight or flight neurochemical that making your child feel so upset. Then, their brain and body can rest, and they can get on with their day. This is best for the child's emotion well-being and be reassured we will call you if your child is unable to find their calm in our supportive and nurturing environment.

With separation anxiety, the longer the goodbye, the longer anxiety will fight for you to stay. They need us to lead them into brave, and ultimately, into calm.

But first, anxiety.

What to do ...

When you know they are in safe hands, let the goodbye be loving, quick, and confident.

When you leave, your child's brain and body will start to adapt. The brain will neutralise the surge of fight or flight neurochemicals that is making your child feel so awful. Then, their brain and body can rest and they can get on with their day.

 KAREN YOUNG | WWW.HEYSIGMUND.COM

EAT A RAINBOW EVERYDAY

Two lunch boxes for our mealtimes please. A separate container for morning tea and lunch makes it easier for the children and us. Please avoid thermal bags to store children's food. **The Department of Health has advised us that we are unable to store food in the fridge in thermal bags as they keep the cold out.**

Water only please in children's drink bottles. The Department of health recommends water daily. Fruit juice and cordial is referred to as a sometimes food and not appropriate for daily consumption.

We are plastic free so please support us in reducing the use of soft plastics in our environment by **avoiding packaged foods**. Fresh fruit, sandwiches, last night's dinner are all good to encourage healthy eating at preschool and help us reduce our rubbish. Chocolate treats, lollies, flavoured yoghurt (which is high in sugar) and chips are classified as sometimes foods and not recommended as part of children's daily food intake and not appropriate for preschool.



Children are often hungry by Morning Tea and often require something substantial to eat like a sandwich. A sandwich for morning tea and lunch is fine. Please, please, please remember healthy food options for preschool. It gives children a mixed message if they are eating an apple and then sitting next to a child who is eating chips or chocolate biscuits. In the interest of creating great lifelong habits please support our healthy food policy.

Sun safe policy

We are a Sun Smart Preschool. All children are required to wear a broad brimmed hat. You are welcome to apply sunscreen before your child starts the day. You will find sunscreen on the shelf above drink bottles. We program our day so we are out of the sun in the hottest part of the day and we are lucky we have lots of shade in our playground. We will help children to apply broad-spectrum water-resistant sunscreen 20 minutes before going outdoors for our afternoon play. Please let us know if you do not want your child to use the preschool sunscreen.

Budget

The COVID-19 **free preschool funding program** has been extended by the NSW Government throughout 2022. This funding cover 600 hours of early childhood education in the year before school. 600 hours = 2 days per week of preschool. Fees will be charged children enrolled for 3 days and for extended hours in the 3-day group. Chris will email fee statements for children enrolled in the 3-day group.

Extended Care Fee - \$10 per half hour (8.30 - 9.00am and 3.00 – 3.30pm). This fee will only apply to children in the 3-day program. For charging purposes, a “half hour” is defined as more than 15 minutes in the 30-minute slot.

Updating Paperwork

When and if your child receives a new immunisation please provide a copy of the Immunisation History Statement for our records.

Annual Feedback Survey

Thanks to all those families who filled in our 2012 Annual Feedback survey. We have started to use this feedback to plan for our quality improvements in 2022.

Reduce, Reuse, Recycle

We like to deconstruct old technology to investigate their inner workings. Please collect old desktop computers, old stereos, computer keyboards and old technology. If it can be taken apart with a Phillips head screwdriver then we can reuse it

- Scrap booking supplies are a good resource for children’s art.



Milk bottle lids and yogurt containers are also good.

- Greeting cards are good resources for office /post office imaginative play. A great way to re-use old cards
- **Bits and pieces**
- Please bring in flowers and greenery to fill our vases and create a beautiful space in our playroom.
- Keep an eye out for any preschool bits and pieces that come home. Children at this age can be such hunters and gatherers.



2021 Management Committee

President: Sally Inkster

Vice President: Simone Harvey

Secretary: Sophie Revington

Treasurer: Nicole Collins

General Members: Kate Fergusson and
Kate Burkhardt

