



Term 1 Welcome Newsletter: 2023

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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 2023

We welcome Corrie Shepherd back to our team as an inclusion support educator in the 3-day group.

Jane Courtney: Director/Teacher: 2- day group

Kym Hawthorne: Teacher: Wed/Thur/Fri: 3-day group.

Annette Turner: Educator: 2-day group

Mayumi Murphy: Educator: 2-day group.

Emily Monck: Educator: 2-day group and 3-day group

Michelle Bye: Educator: 3-day group.

Corrie Shepherd: Educator 3-day group

Chris Fantham: Administration Officer

Handy hints to remember.

- ✓ Name everything
- ✓ BROAD BRIMMED hat to play.
- ✓ 2 LUNCH BOXES
- ✓ **Peanut Free Monday/Tuesday**
- ✓ Aim for plastic free.
- ✓ 1 drink bottle with water only.
- ✓ A few changes of spare clothing.

2023 Term dates

Term 1 Jan 31 - April 6

27th Jan: Set up day: child free day.

30th Jan: Staff Professional Learning Day.

31st Jan: 2-day group staggered start for new children commences.

1st Feb: 3-day group commences.

6th Feb: 2-day group staggered start for new children continues.

24th Feb: Preschool Welcome Picnic
5 p.m. with Zamboni magic show 5.30

6th March: AGM: 5.30 pm: we welcome nominations for our 2023 Committee.

Wharf to Waves 4th and 5th March 2023

Volunteer Registration Link

<https://forms.gle/CTLbR5xKHppRoB6e7>

Term 2 2023: 24th April-30th June

Term 3: 17 July-22nd September

Term 4: 9 October-19 December



COVID Safe Preschool

We will keep you up to date regarding our Covid-19 safety plan and risk minimisation measures.

Welcome Family Picnic
24th Feb
Invitations out in the next few weeks.

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.

Transition to Preschool: Your child's first weeks at preschool This year we have staggered start times and dates for new children. 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.



A quick goodbye is a good goodbye Always say goodbye and reassure you child that the teachers will look after them. Let a staff member know you are leaving so we can support you child and take your child to the waving spot.

This is what the research tells us about separation anxiety If 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.

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.

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.



Sun Safe at Tathra Preschool

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/fees and hours

Department of Education funding covers 600 hours of preschool (600 hours = 2 days per week of preschool). Extended hours fees will be charged for children enrolled in the 3-day group. There is no extended hour fee for the 2-day group.

Educational program 9 am-3 pm. Bookings are taken for children who require extended hours.



Extended Hours: Monday/Tuesday: 8.20-9 am and 3 pm-3.50 pm. No fee.

Extended hours: Wed/Thur/Fri: 8.30-9 am and 3 pm-3.30. \$6 per ½ hour.

Annual Feedback Survey

Thanks to all those families who filled in our 2022 Annual Feedback survey. We have started to use this feedback to plan for our quality improvements in 2023.

2023 AGM

The AGM will be held **6th March 5.30pm**. Nominations forms for our 2023 Management Committee will go out in the next few weeks. We will be looking for a secretary, treasurer and 2 general members. Our meetings are efficient and collaborative and held twice per term.

2022 Management Committee

President: Lauren Catanchin

Vice President: Angela van Gangelen

Secretary: Sophie Revington

Treasurer: Nicole Collins

General Members: Kate Fergusson, Sally Inkster and Sarah Marshman

Wharf to Waves

Wharf to waves weekend will go ahead 4th and 5th of March 2023. You can register your interest to volunteer for this important community fundraising event which benefits the Tathra Surf Club, Tathra Primary School, Tathra Preschool, local RFS and local economy.

Tathra Preschool Website and Dates

Tathra Preschool term dates: Philosophy and Polices; up and coming events; 'What to bring Checklist'; Healthy eating ideas, Newsletters and more. Click on the link below to access the website:

<http://tathrapreschool.com.au>