



Term 1 Welcome Newsletter: 2024

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Yarabee and Geebung to our existing and new families. Hello and welcome. 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 Djiringanj word used as a greeting and farewell and Geebung, welcome. Tathra is the place of the quoll (wild cat)

OUR STAFF 2024

We welcome Meg O'Sullivan to our team as an inclusion support educator in the 3-day group.

Jane Courtney: Director/Teacher: Teacher 2- day group.

Admin Wednesday/Thursday/Friday

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

Annette Turner: Educator: 2-day group

Mayumi Murphy: Educator: 2-day group.

Emily Monck: Educator 5 days

Michelle Bye: Educator: 3-day group.

Meg: HSLN Educator 3-day group

Chris Fantham: Administration Officer: Tuesday and Wednesday.

Handy hints to remember.

- ✓ Name everything
- ✓ BROAD BRIMMED hat to play.
- ✓ 2 LUNCH BOXES: healthy food please.
- ✓ **Peanut Free Wednesday/ Thursday and Friday**
- ✓ Aim for plastic free.
- ✓ 1 drink bottle with water only.
- ✓ A few changes of spare clothing.

2024 TERM DATES

Term 1: 30 Jan to 12 April

30 Jan Tuesday staff set up day.

31st Jan: PD full staff meeting

1st Feb: Thursday: First day 3-day group

5th Feb: Monday 1st day 2-day group: we have staggered start times and dates to support a smooth transition to Preschool for new children.

23rd Feb: Welcome Picnic: 5 p.m. Zamboni
Magic Show 5.30pm

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

12th March: Parent Teacher meetings 3-day group. In person phone option scheduled

15th March: Parent Teacher Meetings 2-day group. In person phone options scheduled.

Term 2: 29 April -5th July

Parent Workshop: Date to be advised.

Term 3: 2024: 22 July-27Setemeber

Term4: 14 Oct-18 Dec

17 December: Last day 2-day group

19 December Last day 3-day group



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.

A sense of Belonging

Each child has 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 a digital and hard copy booklet "***I Come to Play at Tathra Preschool***". Children will take this home after their first week of preschool. This resource helps you and your child to become familiar with the names of their teachers and 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. In January the preschool sent all new families our ***Tathra Preschool 2024 Tips for Smooth Transition to Preschool Newsletter***. Here are some highlights to support all children new and returning.

Welcome Family Picnic and Magic Show
23rd Feb
Invitations out in the next few weeks.



Develop a routine for leaving your child at preschool.

- Talk to the teachers and make a plan for your departure, choose a time to be back. It is OK to start with shorter days to build resilience.
- Tell your child how long you're staying, so they don't get a surprise when you leave. Time is an abstract concept and it is good to link departure with a specific activity rather than an actual time. *"A teacher will come with you up to the waving spot"; "We will do a painting together and then I will see you at the waving spot". "Let's make a sandcastle then I'll see you at the waving spot"*. It is important to follow through.
- Make sure your child is paying attention when you leave. Let your child know that you are leaving and tell them that you'll pick them up at the end of the day.
- Frame your departure with *"see you later"* or *"back soon"* rather than goodbye.
- It is important to follow through as **lengthy procrastinated departures create stress and anxiety for children**. A quick goodbye is a good goodbye. It is okay for your child to express sadness. Working through these feelings in a safe and nurturing environment helps children build resilience. Rest assured we will call you for guidance if your child is upset and unable to settle and you are welcome to call and check how your child is going.
- Avoid questions like *"do you want me to go now?"* Be positive and encouraging. *"Ok I'm ready. I'll meet you at the waving spot. See you later/back soon", "the teachers will look after you"*
- Ask the teachers if you need help to depart. We are here to smooth the way.



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 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

Educational Program 9 am-3 pm. Bookings are taken for children who require extended hours. You can have extended hours on a permanent basis or book in when needed.

Monday/Tuesday

9am -3pm Educational Program: Extended hours available 8.15am -9am and 3pm -3.45pm

Wed/Thur/Fr

9-3 Educational Program: Extended hours available: 8.30-9 am and 3pm-3.30. \$6 per ½ hour. Chris Fantham (Administration Officer) will add up extended hours used and invoice you at the end of the term. This way you do not have to pay if you do not use or need the extended hours on a particular day.

Fee Summary

The Department of Education provides funding to for 600 hours of preschool (600 hours = 2 days per week of preschool).

For children in the Monday/Tuesday group, this effectively means free preschool for your child, with no fees charged. For children in the Wednesday/Thursday/Friday group there will be a top up fee which we **estimate it will be up to \$48 per week** . In addition there is a charge for Extended Session hours. If a Declaration Form is not provided, or we are not nominated as the recipient of the fee relief payment, then full fees will be charged.



Chris will send out invoices in the next week for payment and payment options.

- Full Daily Fee if no Declaration Form: \$55 per day
- Full Daily fee for concessional families if no Declaration Form : \$25 per day
- Monday/ Tuesday Group : (2 day group); with Fee Declaration Form: Free Preschool
- Wed/Thursday/Friday Group; (3 day group) :with Fee Declaration form \$48 per week : Extended Session hours (8.30-9 and 3-3.30) \$6 per ½ hour
- First Nations Families with fee Declaration Form: Free Preschool
- Families with a concessional health care card with Fee Declaration Free Preschool
- A child with a NDIS plan and/or diagnosed disability with Fee Declaration Free Preschool

ANNUAL FEEDBACK SURVEY

Wow!!! We got a record number of responses from our 2023 survey. So many positive words which reaffirm the high quality of our preschool and the gold that is our staff team. We use this feedback to plan for our quality improvements in 2024.

2024 AGM

The AGM will be held **6th March 5.30pm**. Nominations forms for our 2024 Management Committee will go out in the next

2023 Management Committee

President: Lauren Catanchin:

Vice President: Peta James

Secretary: Kate Ferguson

Treasurer: Peta James

General Members: Claire Tozer,

Billie-Jade Prince, Gemma Stewart

few weeks. We will be looking for a President and 2 general members. Our meetings are efficient (1 hour, 5.15-6.15) and held the last Wednesday of the month approximately 2 meetings a term. It is a collaborative process and you get to work on projects which contribute to the quality of our preschool for future generations. Committee members often enjoy the process of learning more about early childhood education.

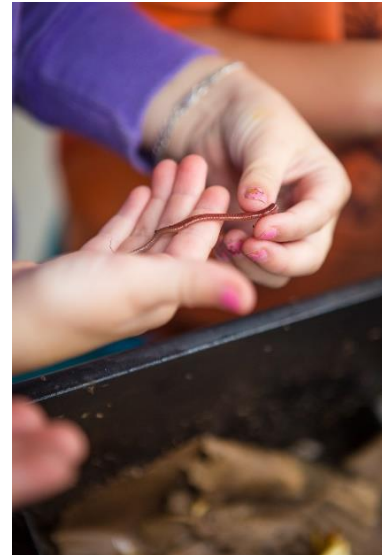
HUB HELLO

By now you will have all logged into Hubhello which is our new cloud-based enrolment management system. Please use the Hubhello App or the Hubhello website to update enrolment details if they change (eg phone number, address, authorised persons; immunisation updates). We get an alert this end if you have made any changes so we can update information.

Here is the link: [HubHello](#)

Families are finding the website more friendly for updating changes compared to the phone app. The phone app may become more useful as we become familiar with all that HubHello can do for us.

If need more information or help you can contact Chris in the office Tuesday and Wednesdays.



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>

