

# Term 2 Newsletter

We are past the middle of term 2, with the weeks just flying by.

## Events

Anthony visited us during Week 5 and shared his knowledge about insects and mini beasts, and we were able to see in person up close many insects. This is always a fun and informative experience.

During Week 6 we enjoyed a fun pantomime filled with song and dance called "When I grow up". It prompted lots of discussion about career choices we might make.

We have also had some firefighters from Richmond Fire Station bring the Fire Truck in and share their fire safe techniques with us. We learnt what to do if we encounter a fire at home and how to keep safe. The best bit was holding the hose and climbing in the firetruck.

This week we are having some 'colour' fun during favourite Colour Week.



## Obstathon/Book Fair

During week 2/3 we were very busy having fun with our Annual Obstathon, Open classrooms for Families Week and Scholastic Book Fair.

The weather held off (although a little chilly) and the children enjoyed completing the obstacles set up and being acknowledged with a stamp and words of encouragement for each one they completed. Thanks to all our helpers over the week, we would not have been able to do it without you.

The Book Fair was well received too. Many people purchased books and donated them to preschool along with adding books to their home bookshelf, again thank you for your generosity. We love books at Richmond Preschool.

## Preschool Birthday

We had a lovely birthday week celebrating 41 years of operation. Thanks for all the kind words and wishes.

Tax time... Richmond Preschool is a registered service. Receipts cannot be used for tax purposes (family tax) but you can get a rebate from Family Assistance/Centrelink if you have your receipts.

Have you registered your details with Family Assistance for the changes to Child Care Assistance. These changes do not affect your fees or service at preschool but they may impact on you if you use other services. Don't forget to do this before the end of a June.

### Preschool Philosophy

We are about to review our preschool philosophy.

Our philosophy is the ideas and thought we have about why we do what we do at preschool....what's important to us in providing a quality early childhood service.

We will display this on our noticeboard for a couple of weeks, and ask that you make comments during this time, if you feel change is needed. These comments will be reviewed by the staff and management committee and considered as part of the big picture.

We will let you know the end result.

### Fees

Please remember to pay your fees when they are due. If for some reason you cannot pay by the due date (14<sup>th</sup> of the month) please let Jacqui or Nerida know. We do not like having to ask you where your fees are. If fees are not forthcoming then the Management Committee will be notified and they will address the issue. This may place your child's position at preschool at risk. (As per our Fees Policy and Information Booklet)

### Lost Property

We are still finding lots of belongings that are either not labelled or not taken home each day. Please check the Lost Property Basket on the shelf outside for anything that may belong to you.

### Art work

Please check the drying rack each afternoon for paintings as we don't keep the left over paintings for very long. We will place them in the box in the locker room for a while, but every so often we will recycle the contents that have not been claimed.

### Lunch Boxes

Please, please, please ensure that you are sending appropriate food and drink to preschool each day for your child. It is Richmond Preschool policy that all children are provided with nutritious food whilst at preschool. DEC guidelines also require our service to monitor this.

We are always trying to cut down on the amount of waste we make at preschool throughout the day. One area we can work on a little more is rubbish from our lunch boxes. Food scraps are given to Marys chickens, so that's ok but we have lots of wrappers and plastic left. We are encouraging the children to take their rubbish home and talking lots about 'nude' foods.....foods that aren't wrapped. We hope you can continue on with this and send your child with foods that are free from packaging.

Every little bit helps our environment.

### Arrivals and Departures

Please adhere to our preschool opening and closing times. Our hours are 8.15am to 3.45pm.

Please **wait** till 8.15am to enter the classrooms. Children are unable to be left before this.

As well all children **must** be picked up by 3.45pm.

If you want to spend some time with your child in their classrooms it needs to be between these times.

Below are a few important reminders to help with the smooth running of our daily operations at preschool.

- Please remember to pack your child's hat with them each day they attend preschool. Even during the colder months the children are still required to wear a hat outdoors. Hats must be legionnaire, broad-rimmed or bucket style. Baseball caps do not keep children safe from the sun, they are a fashion item only.
- When you apply sunscreen to your child on arrival (which still needs to be done to faces during winter months) please SIGN the column on the sign in/out sheets rather than ticking. This is a DEC requirement.
- From time to time your child may need a change of clothes. Please pack a full change of clothes in their bag and check they

are the right clothes for the season. More changes may be needed if they have a few accidents when at preschool.

- All lunch boxes, containers and drink bottles need to be clearly labelled with your child's name, preferably on the outside, so that they can be easily identifiable by the staff and the child.
- ***If someone other than yourself or partner will be picking up your child from preschool it is important that you let a staff member know. Staff will not let your child leave with any one that has not been authorised by you that day (even if we know this person and they have picked up your child before)***
- If your child is going to be away please phone the preschool and let us know as sometimes we are waiting on children to arrive before we begin an activity
- Winter = colds. During the colder months during Term 2 and 3 a lot of children get colds and are coughing and have runny noses. **Preschool is not the place for unwell children.** Please be considerate of the staff and other children at preschool and keep your child at home when they are unwell. They will get better much quicker if it is tackled straight away and they are able to rest.  
A handy hint from Dido that we are all practicing is to bend your arm in front of your face and cough into the crook of your arm (inside of your elbow).
- Don't forget that if your child is unwell and is put on antibiotics by the doctor, that it is preschool policy that they cannot attend for 24 hours after beginning antibiotics. Please also remember that staff do not administer medication other than asthma medication with an asthma action plan to children at preschool.

### Nursing Home

We are planning to head over to the Nursing Home on Thursday 5th July and Friday 6th July to spend some time with the residents having a chat and singing some songs. This is always a nice time for all.

### Portfolios

We will be sending home each child's portfolio during the last week of term for them to share with their families.

Take the time to look through with your child and have them tell you about the learning opportunities and fun they have been involved in. If you can add a comment to the comment sheet and return the portfolio Week 1 Term 3 it would be appreciated. You're welcome to look at your child's portfolio whenever you wish. We will continue adding to these over the rest of the year.

### Sing-a-long

This term we will be having sing-a-longs from **Monday 2nd July to Thursday 5th July**. These are from 2.00pm and are always enjoyable.

Everyone is welcome.

This is an opportunity to come along and join in and see some of the fun things we do at preschool.

**Please note: there is no Sing-a-long on the Friday.**

### Help

We are in need of a few jobs to be completed in our playground.

\* our timber decking areas need re-staining

\* our garden edging needs oiling

\* our blackboard needs re-painting

If you can help do any of these please see Jacqui

### Committee Meetings

Our next Committee Meeting is on Monday 18th June at 7pm. All welcome.

### Assessment and Rating visit

Over the next few weeks we will be receiving a visit from a Department of Education and Communities authorised officer who will assess our service in meeting the National Quality Standards.

During the visit they will observe and discuss practices with the educators, then sight relevant documentation to verify and confirm our practices against the National Quality Standards.

Once this assessment is completed we will receive a rating outcome.

We hope that the assessor loves preschool just as much as we all do.

### Bathroom Renovation

Preschool is getting a new children's bathroom. We are working closely with council to design a user friendly accessible bathroom that will meet our needs for the next 40 years. This is being funded through

section 94 funding council has allocated to us, fundraising we have saved and community grants.

We are hoping to have this completed during our Upcoming holiday break.

Stay tuned...we are sure the children will love it.

If the staff can be of assistance in any way please let us know we are always happy to help you out.

Your feedback is important to us too....chat to an educator or fill in the feedback/ suggestion sheet on the shelf inside your classroom.

Don't forget if you have spare time on your hands you can always come and help out at preschool. We love having families involved. Let an educator know if you want to give it a go.

Also if you have any ideas or suggestions you might like to share, talk to one of the educators.

We've attached a yummy recipe you might like to try. Great for a quick easy dinner and the perfect leftover for a lunchbox.



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## Veggie Quesadillas



### Ingredients

8 (384g packet) multigrain tortillas	1 cup grated carrot
$\frac{1}{3}$ cup tomato salsa	1 cup (30g) baby spinach leaves
$1\frac{1}{3}$ cups grated reduced fat tasty cheese	Olive oil cooking spray
400g can no-added-salt red kidney beans, drained	1 avocado, peeled and chopped
	1 tbs lemon juice

### Method

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

Recipe can be cooked a day ahead. Keep cooked quesadillas refrigerated in a container until required.

**Tip:** These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad.

### Nutrients Per Serve

Energy	1891kJ
Total Fat	21g
Saturated Fat	9g
Monounsaturated Fat	>5g
Polyunsaturated Fat	>1g
Protein	20g
Carbohydrate	41g
Fibre	>2mg
Sodium	856mg

Serves	6 (makes 24 pieces)
Preparation Time	15 minutes
Cooking Time	25 minutes



An initiative of NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation.