

NEWSLETTER

TERM 1 WEEK 3

MRS JOHNSTONE'S NEWS.....

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Giinagay! Hello and welcome to a new year at our Preschool. It has been lovely to welcome back some familiar faces and welcome some new friends to the Sapphire and Emerald classrooms.

My name is **Mrs Johnstone** and I am the **new Teacher/Director** here at the Preschool. I am teaching the Emerald three-day class and you will see me in the office and in both classrooms on Thursdays and Fridays. Please stop to say hello and introduce yourself. I look forward to getting to know you and your children.

Our first few weeks have been spent getting to know each other as we explore our learning environments together. Our classes are made up of a diverse group of precious children with many similarities and difference. This diversity is very beneficial for our children as they have the opportunity to interact and form meaningful relationships with their

teachers and other children, each one unique and special.

EYLF – Outcome 1 – Children have a strong sense of identity. We promote this learning by showing respect for diversity, acknowledging the varying approaches of children, families, communities and cultures.

If your child talks to you about children in their class that they may see as different, or you notice for yourselves that your child has class mates who may have additional challenges, please take the time to talk positively to your child about difference.

We believe that every child and family has a right to feel that they belong at Coffs Harbour Community Preschool. We celebrate and embrace diversity and believe that every child and family should be fully included and welcomed. (CHC Preschool philosophy, 2016).

Our Wonderful Team



Mrs Johnstone, Bachelor of Education (Early Childhood), 25 years experience

Miss Lorelle, Certificate III, 11 years experience

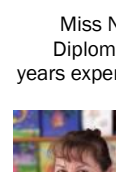


Miss Maria, Certificate III, 4 years experience

Miss Kara, Diploma, 9 years experience



Miss Alethea, Diploma, 2 years experience



Miss Nicole, Diploma, 15 years experience



Ms Alana, Diploma, 30+ years experience



Ms Bek, Certificate III, 8 years experience



Miss Megan, Certificate III, 2 years experience



Miss Leah, Diploma, 15 years experience



Miss Karen, Diploma, 18 years experience

Inclusion involves taking into account all children's social, cultural and linguistic diversity (including learning styles, abilities, disabilities, gender, family circumstances and geographic location) in curriculum decision-making processes. The intent is to ensure that all children's experiences are recognised and valued. The intent is also to ensure that all children have equitable access to resources and participation, and opportunities to demonstrate their learning and to value difference.

MRS JOHNSTONE'S NEWS CONT.....

If you are a returning family, you may have noticed a change in the way the children address their teachers. The staff are now addressed as Miss, Ms or Mrs. This is a change that has been made as a sign of respect for our teachers as professionals and as adults and this is also a change that will assist our children in school readiness. Please support and encourage your child as they adjust to this change by reminding them when they are speaking to their teachers.

Our Preschool team are committed Early Childhood Professionals who aim to provide a learning environment that caters to every child. We work together with the goal to create a space where children, families, visitors and staff can feel welcome, safe, supported and that they can be themselves.



Ms Jacqui will often be the first friendly face that you see when you arrive at the Preschool. Ms Jacqui is our Administration Manager and is here to assist you with any questions or queries you may have relating to your child's enrolment process, fees structure and payments and all things admin. Please ensure that you keep your child's information up to date, including your address or contact numbers should these change. You can contact Ms Jacqui via email admin@chcps.com.au.

Your child's teachers are available before and after Preschool should you have any queries, questions, comments or feedback. If you require more time or would like to speak privately, please make a time with your child's teacher to do so. I am at the Preschool Monday to Friday. Should you like to speak with me please feel free to make a time. We

value your input as you know your child better than anyone and this insight is invaluable to us as we create individual learning opportunities for each child. Our goal is to work together to provide the best care and Preschool Education for your child.

You are welcome to spend as long as you wish with your child on arrival. Your child's teachers will be there to greet you and your child with a smile and provide any assistance or support needed. When you decide that it is time to leave it is best for you to explain to your child that you will read one more book or spend five more minutes and when you have done that you tell your child that you are going to leave now, that you wish them a happy day and you will be back this afternoon. It is very common that your child may be a little upset to say goodbye, and this is a sign of a secure attachment relationship with you, which is very positive. We are very practiced at comforting children who are experiencing separation anxiety. Your child's teachers will be working to build a relationship with your child, so that they may support your child's wellbeing. This routine supports children's emotional development.

Our Educational Programs

Our educational programs are guided by the Early Years Learning Framework. **Belonging, Being and Becoming - The Early Years Learning Framework** (EYLF) describes the principles, practices and outcomes that support and enhance young children's learning from birth to five years of age, as well as their transition to school. You can read more at www.education.gov.au/early-years-learning-framework-0

The framework is a key component of the National Quality Framework

for early childhood education and care. The EYLF was developed by the Australian and state and territory governments with input from the early childhood sector and early childhood academics. The framework offers a vision where 'all children experience learning that is engaging and builds success for life'. It has been designed so that early childhood services will be able to develop their own strategies to implement its objectives.

The programs are displayed in each classroom for you to read. In the Emerald Room it is at the sign in table and in the Sapphire Room it is in the locker area. These programs are guided by your children's interests and developmental needs and follow the direction of the Early Years Learning Framework (EYLF). The programs outline the learning experiences that are planned and what teaching and learning outcomes and opportunities may occur. These programs are open ended and can change according to the children's needs and interests. At the end of each week you will receive an emailed Reflection of the week in your child's class including photos of their preschool experience.

Learning Journals

Each child has a Learning Journal/Folio. These are in their classrooms and available for you to enjoy with your child at any time. These will be filled with your child's learning experiences here at Preschool. Please respect the privacy of other children and families by only reading your child's journal.

Preschool Renovations

Our Preschool has had a fresh coat of paint inside over the holiday break and we are now working on some garden rejuvenation in our playground. Our extension is moving

MRS JOHNSTONE'S NEWS CONT....

ahead, with the hope it will be ready at the beginning of Term 2 for the children and staff to enjoy.

Thank You!

We would like to acknowledge the recent generous donations, both monetary and time, to our Preschool that greatly assist in allowing us to have continual improvement and additional resources.

Doyle Family - Thank you

for the use of your pressure washer and your help to clean our outdoor spaces.

Committee Members Selina, Casey and Alison

– Thank you for your time and hard work on our annual clean up day.

Jephcott Family – Thank you for your donation of \$1000 that will be used to revive our herb pots and water and rock garden.

Geoff Harrigan – Thank for your donation of \$2100 to cover the cost of

a door on our new extension.

Ross Bryant – Thank you for your time and expertise to ensure the fire measures in our new building comply with legislation.

It has been a great start to the year and we look forward to a wonderful year together.

Mrs Johnstone



Teacher/Director



The progress so far....

HEALTHY LUNCHBOX INSPIRATION

7 steps to a healthy lunch box

1. Make time to prepare. Write a shopping list to make sure fresh fruit and vegetables, milk and yoghurt, bread and crackers are available

2. Shop wise and save money. Buy seasonal fruit and vegetables to ensure good quality and value for money.

3. Make your own snacks. Build snack packs from fresh ingredients bought in bulk.

4. Look after the environment. Put sandwiches and other items in reusable containers instead of plastic.

5. Choose a mix from the 5 food groups - grains, fruit, vegetables, dairy and proteins.

6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink

7. Keep it cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.
Content used with permission from Nutrition Australia as part of Healthy Lunchbox Week

Lunchbox inspiration

Did you know that children will consume more than a third of their daily food intake while at school? Packing them healthy lunches is critical for their everyday health and it will also help them to concentrate and learn.

4 parts to a healthy lunchbox

1. Main item - sandwich/ wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. Fruit or vegetable snack - whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad
3. Second snack - yoghurt, grainy crackers with cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. Something to drink - a bottle of tap water is best, and plain UHT milk can be great too.

Mix and match from the following lunchbox combinations to provide healthy lunches your child will be excited to eat.

Lunchbox 1

Fruit in season
Boiled egg
Vegetables with natural yoghurt
Pita bread, filled with salad vegetables or tabouli and lean rissoles
Water

Lunchbox 2

Wholemeal pikelets
Frozen UHT reduced fat milk 125mL
Vegetarian pizza or a sandwich
Vegetable pack
Fruit salad
Reduced fat yoghurt

Lunchbox 3

Fruit in season
Egg, lettuce, tomato, cheese multigrain sandwich
Vegetable sticks
Slice of fruit bread
Dried fruit and nuts**
Frozen UHT reduced fat milk 125mL

Lunchbox 4

Fruit in season
Bread roll filled with vegetables, cheese and a slice of lean roast beef
Reduced fat yoghurt
Grapes
Water
Content used with permission from Nutrition Australia as part of Healthy Lunchbox Week

“Did you know that children will consume more than a third of their daily food intake while at school?”



ADMINISTRATION NOTICES

Parking

The driveway is a 5 minute drop off and pick up zone only.

If you will be longer than 5 minutes, please park on the street.

It is illegal to park between the corner and the driveway entrance. There is a chance you will be fined if you park there!

Please check your parent file in the foyer each week.

We will put artwork, lost clothes, book club brochures in there even if you receive most things by email.

They are arranged alphabetically by your child's surname.

Fees are payable by bank transfer, or cash, cheque, and EFTPOS at reception. Enrolled hours are invoiced at the start of term, extended hours are billed at the end of each month as used.



Save the Date

Clean up Australia Day

Join us on School Clean up Day, **Friday 1st March** to clean up the reserve next to the preschool.

More details and meeting times will follow soon.

Available in the foyer:

Policies

Feedback slips

Parent library

Class activity information on the whiteboard and blackboards

Please spend some time to browse the resources.

AGM

Coffs Harbour Community Preschool Management Committee

Annual General Meeting

will be held at the Preschool on

Monday 11th March 2019 commencing at 7pm

All Welcome.

Nominations for office bearers and committee members are being accepted now.

Please see Jacqui at the front counter for nomination forms and further details.

If anybody has chickens at home, we can happily supply you with food scraps to feed them. Please see Mrs Johnstone or Ms Jacqui if you can help out.

DATES FOR YOUR DIARY**February**

Wednesday 20 th	3.15pm-4.30pm	2018 children come back to visit in school uniforms + afternoon tea
Tuesday 26 th	9.30am	Elisabeth takes Landcare walk in reserve
Thursday 28 th	9.30am	Elisabeth takes Landcare walk in reserve

**March**

Friday 1 st	9.30am	Schools Clean Up Australia Day – parents and families welcome
Sunday 3 rd	7.30am-5.15pm	Bunnings BBQ
Tuesday 5 th	9.00am	School photos
Friday 8 th	9.00am	School photos
Monday 11 th	7.00pm	AGM
Tuesday 19 th	9.30am-12.30pm	Uncle Mark Flanders Bush Tucker and medicine walk
Friday 22 nd	9.30am-12.30pm	Uncle Mark Flanders Bush Tucker and medicine walk
Tuesday 26 th	10.00am-10.45am	Responsible Pet Program, visit by Gina & dog Emerald Room (+ year before school kids from Sapphire)
Thursday 28 th	10.00am-10.45am	Responsible Pet Program, visit by Gina & dog Emerald Room (+ year before school kids from Sapphire)

**April**

Tuesday 2 nd	9.00am	Eye testing for children in year before school
Wednesday 3 rd	9.00am	Eye testing for children in year before school
Thursday 4 th	9.00am	Eye testing for children in year before school
Friday 12 th	4.00pm	Last day of Term 1
Monday 29 th	8.00am	First day of Term 2



COFFS HARBOUR COMMUNITY PRESCHOOL

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Phone: 66521064
E-mail: admin@chcps.com.au
www.chcps.com.au



Rhyme Time @ Coffs Harbour Library

In response to the positive feedback from Ten Minutes a Day participants we're thrilled to introduce an ongoing Rhyme Time session for parents & bubs under 2.



No need to book - just come along and join in the fun with rhymes, songs, dance & books. Siblings welcome. Contact Judy for additional information on 6648 4900 or email coffs.library@chcc.nsw.gov.au

When: Second Friday of every month - Beginning 8 February
Where: Harry Bailey Memorial Library, Cnr Coffs and Duke St, Coffs Harbour
Time: 11am - 12pm
Cost: FREE entry

PHILOSOPHY REVIEW

In the coming weeks, we will be reviewing our Philosophy. Our Philosophy reflects the beliefs, values and attitudes of our preschool community including our families, the children and the staff. We invite you to contribute to our review by reading our philosophy and providing us with your input, comments and suggestions. A summary of our Philosophy is below, the full version is in your enrolment handbook, or you can pick up a copy from the office. We look forward to a collaborative process of review.

COFFS HARBOUR COMMUNITY PRESCHOOL PHILOSOPHY SUMMARY

At Coffs Harbour Community Preschool we aim to give the children who attend our centre a great start in life to empower them to be their best selves to go out and create a better world

Children first We believe that we must put children first, and that children's education and their well-being are the driving forces behind our preschool. The children are at the heart of every decision that we make.

Learning and wellbeing We believe that teaching and learning is most powerful when it builds on what the child knows, their experiences, ideas and interests. We strive to build a community of learners that enables children to develop a readiness for the transition to school and more meaningfully, an ongoing readiness for life.

Community We believe we are an important part of our community and we are proud to be a community based service. We recognise and reflect the families' and wider community's values, cultures, beliefs, abilities and languages.

Aboriginal and Torres Strait Islander learning We believe our role includes promoting respect for the culture and traditions of the first Australians within our community, and to acknowledge the Gumbaynggirr people as the traditional custodians of this land. We aim to embed a deep respect for Aboriginal and Torres Strait Islander ways of knowing and being into our program.

Equity and inclusion We believe that every child and family has a right to feel that they belong at Coffs Harbour Community Preschool. We celebrate and embrace diversity and believe that every child and family should be fully included and welcomed

Relationships We believe learning is enhanced in an environment where you feel you belong and are respected. We provide children with opportunities to discover and learn about themselves, others and the environment in an atmosphere that encourages harmonious and meaningful relationships.

Sustainability and connection to nature We believe a sense of wonder, belonging to and love of nature and life is critical for young children to develop lifelong respectful, positive and proactive attitudes towards our environment and its inhabitants and to ensure our sustainable future.

Professionalism Our educators are committed to ongoing learning and aim to instill a love of learning and foster a sense of curiosity in the children of Coffs Harbour Community Preschool. Our program is guided by the principles and practices of the Early Years Learning Framework (EYLF) and the Early Childhood Australia Code of Ethics, in conjunction with a collaborative curriculum.

Coffs Harbour Community Preschool - caring for children since 1953