



grenfell preschool & long day care centre



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newsletter
23rd June 2014
Issue 11

Information for families regarding end of financial year preparations

Updating CCR payment options for the new financial year

CCR payment options may be updated for the upcoming financial year until the end of June. The option a parent chooses will apply for the next full financial year (July 2014 to June 2015).

Changes to the CCR payment method can be made online at www.humanservices.gov.au

If a parent is unable to use the online service they can call 13 61 50 or go to their local Department of Human Services Service centre.

Parents cannot change their existing CCR payment method during the current financial year, unless there are exceptional or unforeseen circumstances.

A parent who is facing exceptional or unforeseen circumstances may request to have their payment option changed for the current financial year by contacting the Department of Human Services. The family's circumstances will be assessed on a case by case basis by the Department of Human Services.

For more information on the CCR parents can visit www.humanservices.gov.au or call 13 6150.

Centrepay

Grenfell Preschool and Long Day Care Centre has been approved as a participant in the Centrepay scheme. Centrepay is administered by the Department of Human Services and is a free direct bill-paying service offered to customers receiving Centrelink payments. As an approved Centrepay organisation you can elect to have regular amounts deducted from Centrelink payments to help cover your childcare costs.

This service is free and can be set up online at www.humanservices.gov.au/onlineservices, by calling 136 150 or completing a form that is available in the office. Please see Lisa or Sharon if you have any questions.

Five Year Plan – Don't Forget

Would you like to contribute to our 5 Year Plan?

We would like all responses returned to the centre by Monday 14th July 2014.



Healthy lunch boxes for children

Healthy lunches and snacks are important for children and help with concentration and learning. Healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to be involved in their own lunch preparation, and their choices about foods to include. Praise your child when they choose healthy foods for the lunch box.

Best drinks

Water and milk are the best drinks for children.

All sweet drinks such as fruit juice, juice drinks, cordials, sports drinks, energy drinks, flavoured milk, flavoured mineral waters and soft drinks are high in sugar and are not necessary. These drinks can increase the risk of tooth decay, are 'filling' and may take the place of healthier foods.

Tips for busy families

Foods should be simple and easy to prepare, 'ready to eat' and appetising after several hours of storage in the lunch box.

Foods such as sandwiches can be prepared the night before or on the weekend, frozen then taken for each day's lunch box. Suitable foods to freeze are: bread, cooked meat, cheese, baked beans or vegemite

Can I make my child eat vegetables?

Not today. But in time, yes, you can.

The way preschool children eat can drive parent bananas. One day kids will like something, next day they won't. They'll eat greens at a friend's house,

but not their own. This is normal, frustrating, but normal.

There are two important ideas that help parents through this time.

The first is that no child known has starved themselves to death when food is available. If you offer food and they won't eat it, so be it. Children will eat when they're hungry.

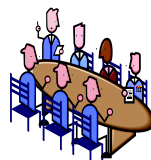
The second is that mealtimes involve a division of labour. Parents decide what to serve. Children decide what to eat. Keeping these two ideas in mind takes all the pressure off.

So you can offer your child whatever food you like – the healthier the better. If they don't want it today, eventually they will get hungry and try it. If they don't like it, if you keep offering it, eventually they will get used to it. Children's tastes change, but they will never learn new tastes if you don't offer them the chance. And it helps if you establish that kids aren't allowed to say they don't like something unless they've tried it.

A few other tips:

- Children generally like food separate – peas and potatoes separately are more attractive than mashed together.
- Children like finger food – serve vegetables they can pick up.
- Children tend to eat what their parents eat – why should they eat vegetables if you don't?
- Children tend to eat food they have helped cook. Get them to help with cooking vegetables, and they may well eat them.
- It takes time. Most children see a food many times before they try it, and try it many times before they like it. That's natural.

From The Munch and Move Team.



Committee Corner

We appreciate all the families that helped out with the working bee on Sunday. It was also wonderful seeing the children helping too.

The next General Meeting will be in August at Quandialla.

AGM : 22nd September 2014 at 7pm

Policies up for review

Fire/Emergency/ Evacuation
Infection Control
Administration of Medication
Managing a Child with Acute Fever
Immunisation Policy
Toileting Policy
Nappy Changing Policy
Procedure to Clean Bathrooms
Washing up Procedure
Dental Care Policy
Food Handling Policy



Dates to Remember

Five Year Plan due in by 14th July

Book Fair

Week of the August 18th

Little Picasso Art Show

Week starting 11th August

School Photos

11th November 2014

End of year closure: Friday 19th December
Reopen: Monday 5th January 2015

School Information Night

Representatives of St Joseph's Primary School and Grenfell Public School were at the centre on the 18th of June at 6:30 pm to share information about their schools. The children from the Star Room performed a concert for all their families followed by a sausage sizzle. It was a great night and I am sure by the response from the families that they were well informed by the schools.





Open Day- Showcase

Please join us in celebrating the learning opportunities at St Joseph's School. The Showcase is open to visitors, parents, friends and community members. See you there

Where: St Joseph's School Library when:
Friday 1st August – from 12.30pm

r.s.v.p.

Friday 25th July

office.stjosephsgrenfell@cg.catholic.edu

**BBQ provided
Open Classroom**

GRENFELL PUBLIC SCHOOL

Achievement for All in a Happy, Safe and Caring Environment



Do you have a child starting Kindergarten in 2015?
If so, you are invited to

Morning Tea

on
Wednesday 23 July
at
Grenfell Public School
at
10:00am

Come and see what Grenfell Public School can offer you and your child

This will give you the opportunity to tour our classrooms and grounds, meet our students and staff and enjoy morning tea with other new Kindy parents. During the information session you will have the opportunity to ask questions and have them answered. For more information contact the school on 6343 2122.



Quandialla runs Mondays and Wednesdays,

Caragabal runs Tuesdays and Fridays 9.15 -3.15

At Caragabal: The children and the educators swapped places for the day. This came about because the children like to sit on the teacher's chair, so we thought they might like to swap places. Last week the children planned all aspects of the day. The children had planned "cutting out cows" for craft. When Kim went to the store room to get scissors she was told she wasn't allowed in there. The children seemed to enjoy telling Kim and Belinda what they could and couldn't do. For group time the children read stories and Kim and Belinda sat on the floor to listen but they weren't very well behaved. To start with the children weren't too sure what to do and the look on their faces was priceless. It was interesting to hear how much the children remember what we say to them and to hear it repeated in the right tone of voice! It was a great day.



Dates to Remember at Quandialla - Wednesday 25th June: Pyjama Day and last day of term.

Dates to Remember at Caragabal - a dress up day on the last day of term; your child can dress up as whatever they want. We are collecting small to medium sized round objects to make owls, so any donations would be appreciated. We are also putting together an "invention box". This is a box of bits and pieces such as straws, old bits of plastic piping, nuts and bolts etc. If you have anything like this, once again donations would be appreciated. Please could you send in a family photo wall, so each child has a photo of their family on the wall? **Parent/Educator interviews will be held on the 24th and 27th June. Please contact the Weddin Mobile Preschool if you would like an interview.**

Contact numbers: Mobile Service: **0488 045 584** Grenfell Pre School and Long Day Care Centre: **63431743.**