



grenfell preschool & long day care centre

newsletter
19th July 2010

Welcome To Third Term

We welcome Laraine, Belinda and Christine back from holidays and all the families that have been holidaying over the last 2 weeks.

There have been a lot of children away due to coughs and colds. We hope you are all well and back for an exciting term.

Lisa Jones and Lyn Hewen will be working full time until Christmas

The Centre is open 50 weeks of the year. The committee have decided they would close the centre on Thursday 23rd December and reopen on the 10th January 2011. The discussion have been made early to allow time for all families and staff to plan ahead.

Our end of year celebrations will be Tuesday 14 December 2010

Mobile Preschool Service

We are about to make history this week as our Weddin Mobile Preschool Service starts. It is very exciting for us and extra exciting for all those children that will be attending. There are children that have never been to a preschool before and I am sure they will enjoy themselves. We will be operating at Quandialla on Mondays and Wednesdays and in Caragabal on Fridays.

I thank both Quandialla and Caragabal schools for allowing us to hold the preschool at the schools and making us feel welcome. If you know anyone that would benefit from attending the mobile preschool service please tell them to call us or drop in at the venues so we can help them decide by giving them information

Functions this term

We have so much on this term for everyone.

On Monday 16th August at 10am the Giggalees will be at the centre. If your child is booked in that day you will be required to sign a permission note to allow your child to attend. The cost of the show is \$6.00 each payment required before or on the day. If you wish your child to be present at the show and do not attend on that day please place your name on the sheet in the sign in books or at the office so we have an idea how many will be attending

Fancy Dress Ball

In September we are having a Fancy Dress ball for the children. They can come dressed up in their favourite costume, dance and have fun while

parents can mix and enjoy each other's company. Parents could also come dressed up if they wish and join in with the fun and dancing. We will have more information about dates and time in following newsletters so start getting those outfits ready. I can see lots of pretty princesses, Ben 10 and Spiderman there.

The Grenfell Show 3-4th September

This is an exciting time for Grenfell and also for us as the children get invited to enter art work in the Art and craft competition at the show. The staff will be helping to collect art work to enter in the show.

Art Show

Staff in the Star and Garden Room have got together and are planning to hold an Art exhibition of children art, craft and photos to show to the families and community. Art work will be on sale throughout the exhibition however to create a master piece it takes times so further information will be given out when available as to where when and time of the exhibition.

Pre School Funded Places

Under the preschool funding we are able to offer 10 places a day to families who children are 3-5 years of age, with the highest priority given to children closest to school entry

The sessions are from 8.30am-3.30pm and will be offered for the school term.

Families accessing preschool funded places will be able to apply for a rebate as we are a registered care centre. The rebate is approx 60 cents in the hour.

Families wishing to know more are asked to see the Director or Christine

The Star Room

In preparation for school the children in the Star Room will not be sharing their fruit. Lunch boxes will go into the fridge when they arrive and come morning tea the children will get their own morning tea out from their own lunch box. Please help them by encouraging them to unpack their own bags and put their lunch boxes in the fridge before placing their bags in their lockers.

Hope you all remember the Room Change.



Committee Corner

they're always on hand, and can be a convenient alternative to fresh produce.

Conjunctivitis

There have been 2 cases of conjunctivitis at the centre: if they have conjunctivitis they are excluded from the centre until the discharge from the eyes has stopped



Little play ground update

The stenciling have been palced on the cement painted and sealed on Saturday. It is looking good and hopefully it will be finished soon, weather permitted.



Books

We have new books and thanks to Jessica Ellis and Emma Amery we have had some of them covered. If there is anyone else out there that could help please come and see us we would appreciate your help. Once they are covered we can put them out for the children to borrow and read.

Fruit and Vegetables

We all know that fruit and vegetables are good for us and reduce our risk of disease by providing a range of essential nutrients and dietary fibre. But children will be enticed to eat fruit and vegetables for other reasons, such as their great taste and eye appeal.

How much?

A young child should have about 2 serves of fruit and 4 of vegetables a day, and a teenager should have up to 4 serves of fruit and 7 serves of vegetables.

Getting your kids into fruit and vegetables

Making fruit and vegetables fun is one way to interest children in trying different varieties. The Sydney Markets [Fresh for Kids](#) website is packed with great material that is designed to appeal to children. It includes games, quizzes, competitions, recipes, snack ideas and lots of interesting information.

Fruit and vegetables in season

There are two advantages in buying fruit and vegetables in season: they taste better and they cost less. Apples and potatoes don't change much, but strawberries and other such fruits vary greatly from season to season.

Fresh is not the only way

While fresh produce is good, there's nothing wrong with canned (low salt), dried and frozen fruit and vegetables. They can be stored for long periods so

Preschool Enrolments

If you know any child outside the centre that is not enrolled in preschool please tell them about our centre and preschool and help give their chid a great start to their school years

Dates to Remember

Community Health Centre

Immunisation Clinic 3rd Wednesday of the month

STEPS- eye-sight screening for 4yrs olds at Quandialla
July 21st by Community Health nurses
63491777.

Grenfell Show 3-4 September

Fancy Dress ball TBA

Art Exhibition

**Gigalees 16th August 10am at the centre. \$6 each
(Payment before or on day)**

Policy to be reviewed OH&S

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