



# grenfell preschool & long day care centre



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newsletter

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Issue 13

## Grenfell Bring Healthy Back



Grenfell Bring Healthy back kicks off with an eight-week challenge where Grenfell residents are being asked to sign up and make just one healthy lifestyle change for eight

weeks and show that Grenfell is the healthiest town in NSW! The staff at the Grenfell Preschool have decided to get onboard and join in with the challenge. Each Thursday they go walking, challenging themselves to increase their heart rates. Anyone wishing to join in on the challenge please do.

More challenges for the staff. The staff must not have any fruit drinks or fizzy drinks while at work during the 8 weeks.

## Fundraising for Macey

We were been saddened to hear that one of our little pre-schoolers from our Mobile Service has been involved in a fire accident resulting in significant burns to her upper body. She is currently in an induced coma at Westmead Children's Hospital with her recovery expected to take many months including numerous surgeries. There is a long road ahead for her mum and dad, Kacie and Andrew, and her older sisters Dana and Sienna. There is a fundraising appeal happening and if you can support this family please donate to the following account. There will be significant medical, travel and accommodation costs incurred by the family over the coming months and years.

Account Name: Macey Yerbury Fundraising  
Account BSB: 802-367 A/c No :100005693

## Carpets Cleaned

All the carpets and rugs have been cleaned at the centre. The rugs took longer to dry so you may have seen them hanging over the fence drying last week. I am happy to say they are all dry and back in their rooms.

## GRENFELL CINEMA

**“Sing” – Rated G - Wednesday 5<sup>th</sup> July  
2017 – 2.00pm**

**“The Lego Batman Movie” – Rated PG –  
Wednesday 12<sup>th</sup> July 2017 – 2.00pm**

Tickets are available from Louisa's Locker.

\$20 Family Singles \$8

\$5 Pensioners \$5 Children (12 yrs.)

Tickets are limited so please book early.

## 123 Magic

### Three Choices – Incorporating 1-2-3 Magic & Emotion Coaching

This three-week program is designed to assist parents and caregivers of 2-12yr old children: Increase their knowledge about what works in

**\*Managing difficult behaviour**

**\* Lessen their feelings of Frustration**

**\* Get better results with less effort and stress**

An invitation for you to attend a 3-week course in Three Choices 123 Magic Parenting.

**\* Would you like to manage children's misbehaviour?**

**\* Encourage good behaviour?**

**\* Strengthen your relationship?**

**\* Feel more confident about your parenting?**

**\* Easy to Learn & It Works.**

**Date: 5<sup>th</sup>, 12<sup>th</sup> 19<sup>th</sup> July**

**Time 9:30 – 11:30**

**Venue GRENFELL COMMUNITY HEALTH**

**Cost Free**

**Elly Schiller, Social worker, Grenfell community health**

**Phone 63491777**



## Group Exercise Classes

Tuesday 6:30-7:30 am in the old CWA rooms

Tuesday 9-10:00 am in the old CWA rooms

\$10 pp (Bring Healthy Back vouchers welcome during the program)

Please bring water bottle, towel and yoga mat if you have one.

Classes suitable for all fitness levels.

Part of the active farmers network sponsored by Delta Ag, these group classes are not only for farmers, **we welcome everyone in Grenfell's community.**

A wonderful way to start your day and add some fun, group activity to your weekly program.

Enquiries to Kim Broomby 0427472152

FB Quandialla Fitness group



Weddin Mobile Preschool Service

Quandialla runs Mondays and Wednesdays,

Term 3 starts Monday 17<sup>th</sup> July

Caragabal runs Tuesdays and Fridays. Term 3

Starts Tuesday 18<sup>th</sup> July.

Session times: 9:15 am- 3:15pm

**Contact numbers:** Mobile Service: **0488 045 584**

Grenfell Pre-School and LDC: **63431743.**

**If you have any concerns, please contact the Director Sharon Grant at the Grenfell Preschool and Long Day Care Centre on 0263431743**

Tracey and Kim are always there to help in any way they can.



## Staff

Miss Nicole is now on maternity leave and will return in February. We wish Nicole all the best and look forward to hearing news of her new baby. While she is on leave. Melinda Hewen will work Mondays. Jamie Miles will be working Tuesday, Wednesday and Thursdays and Wendy Bowerman will work Fridays.



## We are here to help

if you are in a hurry in the morning and need some help with unpacking bags or settling your child please do not hesitate to ask as we are only too pleased to help.

## MS Sydney to the Gong Ride

For 36 years, tens of thousands of cyclists have hit the road in this legendary ride from Sydney to Wollongong to raise funds for people living with multiple sclerosis. This year Lisa will be riding and is hoping you can support her for this challenge in November. Please go to the link below to donate.

<https://www.msgongride.org.au/index.cfm?fuseaction=donorDrive.participant&participantID=14102>

**FREE July Holiday Workshop**

# Crafty Kids

Light Lunch & refreshments provided  
Suitable for children of all ages. All children 5 & under must be accompanied by an adult

**Bookings essential due to limited places. To book, phone Cowra Information & Neighbourhood Centre on 6340 1100.**

**All children must be signed in and out by an adult unless organised prior or at drop off with staff**

**When: Tuesday 4th & 11th July**  
**Time: 10.30 am - 1.30 pm**  
**Where: Community Hub Main Street, Grenfell**

NSW Family & Community Services

## Dates to Remember

**Steps eye screening**  
Tuesday 12<sup>th</sup> September

**Jeans for Jeans Day**  
4<sup>th</sup> August 2017

**PLANT A TREE DAY**  
28<sup>th</sup> July

**Barry Peters Show**  
21<sup>st</sup> August 2017

**Young Eyes**  
Tuesday 17<sup>th</sup> October 2017

**School Dental Clinic**  
Grenfell Community Health Service  
For appointments please call 1300 55 26 26

**The centre will close for 2017 on Friday 22nd December @6pm.**



## New vehicles for the mobile service

Monday was an exciting day for the Weddin Mobile Preschool Service with the arrival of the new Hyundai I Load van and Ford Fiesta sedan. The van is to be used for delivery of the mobile service in Quandialla and Caragabal. The car will assist staff in travelling to training and as a support vehicle for those working and visiting the mobile service. Thank you to McAlister Motors in Young for their help, especially Jimmy McClelland.

