



grenfell preschool & long day care centre



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newsletter
4th July 2016
Issue 13

From the Directors Desk

Lisa and Tracey did a fantastic job while I was away and I personally thank them, the committee and staff for their contribution. It was great to get back and have the covered walk way completed as well as the shelving for the library. Our bush tucker garden is coming along and with some fine weather it should be completed soon.

I welcome the new families and hope that whilst they are at our centre they enjoy their stay. If you have any concerns please call and see the Director, Sharon, as she will be only too pleased to help you.

Parent Teacher Interviews

Parent Teacher Interviews were held last week and if you missed out and would like an interview please see the room leaders or ring the centre and we will arrange for the room leaders to speak with you



Working Bee:

Thank you to all that turned up for the working bee at the centre. It was lovely to get back from holidays and see Miss Patsy's garden neat and tidy and trees trimmed and garden beds weeded.



Healthy Little Ears sessions for Garden Room and Star Room children

Leanne from Forbes who works with hearing impaired children came to the centre to talk to the Star and Garden Room children about how to keep their ears healthy. She taught the children how to blow their noses and why it is so important. She also talked about hygiene practice to stop the spread of germs. Stickers were given to the children during question time to see who had been listening.



Committee Corner

Policies under review

Animals and Birds at the Centre Outdoor Policy



School Dental Clinic

The Cowra School Dental Clinic visits the Grenfell Community Health Service every 2nd Thursday. This is free service for all children under 18 years. For appointments please call 1300 55 26 26.

Labelling

Please label any items (hats, jumpers, food and drink containers etc.) that your children bring to preschool. It is really hard to return stray items when they are not named. If you are missing anything please look in the lost property box in each room as there has been items in them that are not labelled



Colds, coughs and Flu.

Relieve the symptoms

- Rest
- Drink plenty of water and non-alcoholic drinks
- Avoid exposure to cigarette smoke

See a doctor if your symptoms get worse.

You can help soothe a sore throat by

- Gargling in warm salty water
- Sucking on an ice cube or a throat lozenge

Some medicine can relieve the symptoms of a cold. Always ask our pharmacist or doctor always read the label.

Help prevent the spread

- Cover your mouth when you sneeze or cough
- Keep hands away from your eyes, nose and mouth
- Use tissues to blow your nose, and throw them in the bin after use.

- wash your hands with soap and running water

NPS Medicine wise says” think you need antibiotics think again”

Colds, flu and most coughs are caused by viruses. Antibiotics work on infection causes by bacteria not infection caused by viruses

Your immune system can fight these viruses without antibiotics

- Using antibiotics when you don't need to can make them less effective when you do need to. This is called antibiotic resistance
- The world Health Organisation has warned that antibiotic resistance is one of the biggest threats to global health today

For more information go to: nps.org.au/coldandflu



Weddin Mobile Preschool Service.

Dates to remember

Quandialla Preschool will return for Term 3

Monday 18th July 2016

Caragabal Tuesdays 19

On the last day of term the children at Quandialla preschool performed onstage to the school and parents “My Cat Likes to Hide in Boxes”. Tracey and Belinda said they were extremely proud of the children as it's not always easy getting up in front of an audience but the children were all so confident and calm.



At Caragabal they held a movie afternoon for the children. It worked out nicely as it was so cold outside



Dates to Remember

Parent Information Night

Wednesday 3rd August 6:30pm

School Dental Clinic Visit

Thursday 4th August 10am

Young Eyes vision screening

Tuesday 18th October from 9am

Art Show

26th – 28th October

Photo Day

Tuesday 15th November

The centre will close Friday 23rd December and reopen January 10th January 2016



When: Thursday 14th April 2016

Where: Brougham Park, Fitzroy Street Cowra

Time: 10:30am to 1:00pm

Burto's Jumping Castle
Face Painting and Craft
Bunnings Pot a Plant
Music and Movement
Biscuit Decorating
Colouring in Competition
and more!!!

Everyone welcome



For more Information
please call Kayla on
0400 808 920

Carewest
Cowra & Young Family Connections

BUNNINGS
warehouse

ABILITY
LINKS



Weddin Mobile
Preschool
Service

Quandialla runs Mondays and Wednesdays,
Caragabal runs Tuesdays and Fridays.

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. or
email sharon@grenfellpreschool.com.au

Tracy and Kim are always there to help in any way
they can too