



# grenfell preschool & long day care centre

newsletter  
6<sup>th</sup> September 2010

## Book Week

Thank you to all the parents that turned up to read to the children during Book Week. The Staff and children loved having you there and adding to our very successful book week. On Friday all the staff came dressed up and the children enjoyed going around the centre to see who they were. When you came through the front door you were all greeted by the friendly witch in the office and old Mother Hubbard. In the Rainbow Room there was the Queen of Hearts, a Princess, Robin Hood, Emily and even a pig. In the Garden and Star Room you found a cow girl, a vampire, a spider and little Miss Muffet.



## School Transition

Our Preschool Children will start their kindergarten visits to the Public school in October and it will run for 5 weeks. The dates for the visits are; October 20<sup>th</sup>, 27 and November 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>. The Principal of the Public School, Mr Andrew Hooper, invites all children to attend the Transition programme.

## Medication

Medication will only be administered if it has been prescribed by a doctor or if it is labelled with the child's name and dosage instructions from a pharmacist. All medication must be in its original container and be clearly labelled. Parents must complete and sign a medication card, including the child's name, date, and name of medication, dose required and time to be administered. The medication will then be stored in a locked container.

## EYE SCREENING StEPS 7<sup>th</sup> September 2010

The State-wide Eyesight Preschooler Screening (StEPS) program is an initiative of the NSW Department of Health and offers all 4 year old children a free vision screening assessment. Permission notes must be filled out and signed before children can have them done.

## Policies to be reviewed

Water safety and programming policy

## Sick Children and Infectious Diseases

The Centre is unable to provide care for sick children. If a child becomes sick at the Centre, staff will consult with the Director and then the parents will be contacted. If the parents cannot be contacted the staff members will then contact the listed emergency contacts on the enrolment form. Staff will document all incidents of sickness in the sick book, providing information about signs and symptoms and action taken.

Parents will need to find alternative care arrangements when children are sick.

The Centre retains the right to exclude any child who is regarded by the Director to be a health risk to other children, or any child who is obviously unwell and distressed.

If a child has commenced medication they must be kept at home for at least 24 hours to allow the medication to take effect.

Parents are advised to keep children at home if they are unwell. There is no place like home to rest and recuperate

## Asthma

If your child has asthma you must provide an Asthma Care Plan for your child

## Recipe Book

Wouldn't it be great to get a recipe book together with everyone favourite recipe in it. A book that has tried recipes in it that all the family like . A section with lunchbox idea , maybe Gluten free section. Well guess what!!!!. The staff have decided to do just that and Laraine Bland has volunteered to get it all together. She is asking that you all give her your favourite recipe with your name on it to be published in our book. We are going to ask the children to illustrate it for us too. You may email the recipe to the [rainbow@grenfellpreschool.com.au](mailto:rainbow@grenfellpreschool.com.au) or leave them at the office.

## Le Tour De Greenethorpe 2010

18<sup>th</sup> September

Bike Ride and Family Fun Day

10.00am – Registration

10.30am – Kids Ride

11.30am – Start Intermediate Ride (5 kms) and  
Main Ride (42kms)

12pm – Cow Pat Bingo

\$1000 Prize money to the winner (P& C Fundraiser)

Bike Rides, Jumping Castle, BBQ, Raffle, Stalls – join us for a bit of fun and exercise and help us raise much need funds for the SM. Hall in Greenethorpe.

Ride Fees – (to cover our Insurance only!!)

Kids = \$5 School kids = \$10 Adults= \$15

Save hassles on the day – Pre Ride Registration forms can be downloaded from the website with details re payment see [www.greenethorpe.nsw.au](http://www.greenethorpe.nsw.au)

Proudly supported by Landmark Young, Elders Cowra, West farmers Insurance, Young.

## Dates to Remember

AGM- 20<sup>th</sup> September at 7pm

## EYE SCREENING STEPS

7<sup>th</sup> September 2010 starting at 9am

Community Health Centre  
Immunisation Clinic  
3<sup>rd</sup> Wednesday of the month

Grenfell Story Time

8<sup>th</sup> September.2010

22<sup>nd</sup> September 2010

Annual General Meeting: Monday 20th  
September 2010 at 7:00pm.

We look forward to seeing you there!

## FREE' HEALTH PROMOTION PROGRAMS

### OFFERED

### BY GRENFELL COMMUNITY HEALTH

Anyone interested in attending these worthwhile free programs needs to register their interest ASAP by phoning Grenfell Community Health on 63491777. Places are limited so get in early.

**CARDIAC REHAB** –exercise and education suitable for people who have had a cardiac incident or cardiac surgery within the last 6 months.

**FOOD FOR LIFE** – suitable for young mums wanting to learn more about nutrition and how to cook healthy meals for their families, lose weight and increase their physical activity levels. Cooking demonstrations and initiatives to help mums get their kids to eat fruit and veges are all included and much more.

**POLE WALKING** – fun walking groups using poles, a great workout and suitable for all. Poles supplied.

**AQUA EXERCISES** –operates when the pool opens. Supervised and safe for all.

**HEARTMOVES** – gentle exercise suitable for all, recommended by the heart foundation. Mens and ladies groups offered.

**TAI CHI** – gentle and safe exercise for all.

**STRESS MANAGEMENT WORKSHOPS** – suitable for anyone wanting to learn how to control the effects of stress, insomnia, panic attacks etc and learn to relax effectively.

**WEDDIN DAY THERAPY**- suitable for over 60 years requiring supervised exercise to assist in rehabilitation, balance, strength and mobility. Great to help reduce falls ,all activity levels catered for.

Health promotion programs can be offered at villages in the Weddin Shire if there is sufficient interest. All enquiries most welcome. Please phone 63491777 to register your interest

**TOY FUNDRAISING CATALOGUES**  
Due to some late orders and some request from parents you know have to FRIDAY 10th to put your orders in.

Contact us

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