



grenfell preschool & long day care centre

newsletter
15th February 2010

Morning and Afternoon tea

In 2009, we trailed the sharing of fruit for morning and afternoon tea to encourage more children to eat fruit. We found it was very successful for morning tea however, with children catching buses and leaving the centre for the day at afternoon teatime proved not as effective. After the meeting on Monday night, the centre will encourage the sharing of fruit for morning tea only. We ask that you supply a piece of fruit to share for morning tea. You may also send fruit for afternoon tea however, that piece will not be shared. The Star Room children will be going to school in 2011 and will only be sharing their fruit in first term

Get your free swine flu vaccination now

In 2009, babies and preschool children were more likely to be hospitalised from swine flu than any other age group. Swine flu is expected to return in 2010. Vaccination is also very important for pregnant women and people who care for young children

NSW Health says that everyone 6 month and older should be vaccinated against swine flu. The Vaccine is free for everyone

Garden Room

Emily and Katie have asked that if your child is in their room could you bring in a photo in a frame of your family to add to their room

On arrival in the Garden Room- there is a wall next to the lockers with a photos of the children and their names Please help and encourage your child to take their photo with their names on them to place them on the locker they are using that day. The children love to see the photos of them hanging on their lockers. Some photos have gone missing. Pleases see staff if you need help.

Some children are missing some items .of clothing etc. If they have gone home by mistake, could you please return them?

Grenfell Story Time - at the Grenfell Library

Reading to your child helps to develop their language and literacy skills. Story time is a time for children and adults to socialise and enjoy reading stories, singing songs and doing craft together.

Come and share in the gift of reading with your child, at the Grenfell Library 88 Main St Grenfell
10.30am – 11.30am, 10th February,
24th February 10th March and 24th March.

New Printer

There was excitement in the air when the centre received word that they won a printer after entering a competition put out by Focus Office Supplies.



Head Lice

Please check your children hair for head lice
Our policy states t Exclusion until hair has been treated with anti lice shampoo or lotion and hair is free from lice.

Harmony Day

Harmony Day is celebrated on 21 March each year and is managed by the Department of Immigration and Citizenship (DIAC),

Harmony Day celebrates the cohesive and inclusive nature of our nation and promotes the benefits of cultural diversity.

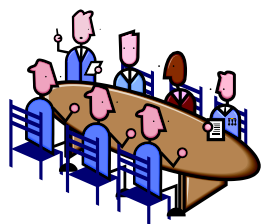
The 2010 theme is 'Express Yourself. This gives you the opportunity to share with others the importance of diversity in your workplace, school and community through action, performance, fashion and food. Our centre hopes to be able to bring people that were born in different countries to our preschool to talk or show the children their cultures. We will run it for the week so all children can be involved.

The Family Fun Day

Our Fun day in the Park is to be held on the Saturday 27th March and as there will be other organisations there so we have decided to call it The Grenfell Family Expo. Put the date on your Calender. We have also decided to start it earlier at 4pm - 7pm so everyone can enjoy themselves .The children will have fun having their faces painted and jumping on the jumping castle badge making and tattoo making as well as a free sausage sizzle for all to enjoy. We might need some help with the BBQ so please

leave your name with Sharon if you can offer to help.

Please indicate you are coming by placing your name on the paper provided at the sign on/off book. We need to know how many sausages to order.



Committee Corner

Next Committee Meeting
Mon 15th February 2010

General Meeting
8th March 2010 at 7pm

Quandialla preschool are to receive an injection of new resources to their Pre Schools

The Little yard renovations will start March 6th. And should be finished in 6 weeks

Help wanted.

Are there people out there that could spare an hour or two to help put up a safety fence on Friday 5th March between 5-6pm?
We need it up while the little yard is renovated to make it safe for all the children
Please see Sharon if you can help

Policy Reviewed

Bus Policy, Sun Protection
There are two policies books, one in the foyer and the other in the Rainbow room.
The staff are only two willing to show you



Carrot and muesli mini muffins

Makes 24

150 gm self raising flour 150 gm mixed fruit muesli 180 gm carrots, grated (about 2 medium carrots) 100 gm brown sugar ½ tsp cinnamon 2 eggs 150 ml olive oil

1. Preheat oven to 180°C. Lightly oil a 24-hole mini muffin tin.
2. In a large bowl, combine flour, muesli, grated carrot, sugar and cinnamon. Mix to combine. Lightly whisk eggs and add to oil. Pour into carrot mixture and mix until just combined (do not over mix).

3. Spoon evenly into the muffin tin and bake in the preheated oven for 12-15 minutes or until a skewer inserted comes out clean.

4. Allow to rest in the tin for 5 minutes before turning out and cooling on a wire rack

The DO's and DON'T of childhood Bedwetting

A free information session for parents to find out

- Facts about bedwetting
- Causes and Treatment
- What effective help is available with lots of time for questions

Time: 5.30 pm -7.30pm

Date: Friday ,19th March

Venue: Ex Services Club
A131-242 Anson Street, Orange

As numbers are limited, please

RSVP to 0287415799

Did you know in a class of 30 children
5yrs – 5 will wet the bed at least twice a week
7yrs - 2 will wet the bed at least twice a week
12 yrs - 1 will wet the bed at least twice a week
15yrs – 1 child in every 2 classes will wet the bed at least twice a week

Dates to remember



Family Day Expo in the Park

Where- Taylor Park

27th March 2010 4pm-7pm

Community Health Centre – Immunisation Clinic –

Grenfell Story Time at the Grenfell library

24th February 10th March and 24th March
10.30am - 11.30am

The 3rd Wednesday of the Month

General Meeting

8th March 2010 at 7pm

Contact Us



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