



grenfell preschool & long day care centre

newsletter

13th February 2012
Issue 3

Fun Day in the Park at Rotary Park 3rd March 4.30pm- 6.30pm
Information Night - 12th March at 7.30pm

Triple P Parenting Program

In 2012 the Centre ran a Triple P Parenting Program and for those that went each found that there were significant positive outcomes for both parents and children.

Parents that did the course reported that they are more confident as parents and it was helpful to their families.

This year, if we have the numbers, we will run the program again. We have been offered a day course and a night one. If you are interested please put your name on our list as to which course you would like. I am hoping to have it up and running by March or April. Triple P is hoping to offer free childcare so both parents can attend. It will have to be first in to take up that offer.

New Cubby House

There was lots of excitement when the new cubby house arrived for the children in the Rainbow Room. The staff put it all together to have it ready for the children when they woke from their sleep.

Wanted- baby items

If you have a cot, high chair or any pre loved baby items including clothes that you would be willing to sell please let the centre know as we have a parent that is interested in purchasing them

FOR SALE- Emmaljunga Pram

Made in Sweden, approximately 9 years old.

Perfect condition, minor fading.

A beautiful pram, great for all ages, very comfortable for baby.



Toddler seat, boot cover, rain cover and mosquito net included.

Tyres have been reinforced to avoid punctures, great for walks on the farm! \$250 (ono)

This package is worth over \$1200 new

Ph. 0459 215 438

Don't Forget the Information Night

March 12th there will be an information night for all. If you are unsure about the running of the centre or how things are done please come along and find out. Ask Questions and help us to help you. We will talk about how we program for your children using the EYLF, our funding and policies of the centre. Get to know the staff in your child's room and feel free to ask about any concerns you may have.

Weddin Mobile Preschool Service News

Welcome back to all the students and parents at the Weddin Mobile Preschool Service at Caragabal and Quandialla. If you have any concerns please speak to Tracey or Katie or contact the Director, Sharon Grant on 0264631743

If you need to contact the Mobile Service on the days they operate you can reach them on Mobile number. 0488663817 or you can contact the Grenfell Long Day Care Centre and we will pass on the messages

Preschool times: We have a licence for the service to operate from 9:15am -3:15pm. We cannot take children before that time.

Web Page

The Grenfell Preschool and Long day Care Centre have a webpage www.grenfellpreschool.com.au. On the webpage you will find information that may help you

Morning Tea

There are some children who are not bringing fruit for morning tea. You may say that your child will not eat fruit, however by cutting the fruit up and serving

if like a fruit salad for morning tea all children enjoy eating it, so please send in a piece of fruit

The Food for Life Program Wednesday 29th February

How do you measure up ?



Are you interested in learning more about nutrition and cooking?

**Are you between 25 years and 50 years?
Do you want to increase your exercise?
Do you want to lose weight?**

Food for Life is a 6 week program which aims to increase physical activity and provide opportunities to learn more about nutrition. Educational fun cooking demonstrations and sampling a range of exercise offered by the community will form the basis of each week. The program will run for 6 weeks and participants will be asked to attend a 3 hour session 9.30am to 12.30pm every week. There is no charge for this program.

Free Cookbook is provided.

Contact Grenfell Community Health centre on 63491777 for further details, and to register. Places are limited so get in quick!!!!!!

For Sale

Safesound older style capsule, 4 years old - \$100

Peg perego stroller, 3 position lay back, boot cover, rain cover, well loved! - \$50

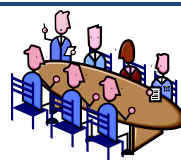


Carrot and muesli mini muffins

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



Committee Corner

Gardening

We are after volunteers to go on a roster for garden duties which will include such things as trimming trees and bushes, weeding garden beds and turning soft fall once a term etc.. If you are willing to help up please see Sharon or one of the committee members.

Your Annual membership Fee of \$4 will be shown on your account this week.

Policies reviewed

Administration of medication
Excursions
Emergency procedures
Water safety

Policies under review

Philosophy
Program
Childs portfolio
Social justice and diversity
School choices
Parents and staff communication
Ordination

For Sale

Assorted sports gear \$5
Dark wood dresser and mirror \$15
White 4 draw chest \$10
Single ensemble \$25
Queen Waterbed frame \$40
Phone: 63431289 after 5pm

Dates to Remember



Fun day in the park

3rd March
4.30 - 6.30pm

Information Night

12th March 2012
7.30. pm

Contact us

✉ 35 Forbes Street (PO Box 35) Grenfell
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