



grenfell preschool & long day care centre

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newsletter
18th February 2013
Issue 3

Asthma Plan

With everyone returning back to Long Day Care and Preschool, it's important to be on top of asthma management, now more so than ever. Parents need to provide us with an updated asthma care plan, or a written asthma action plan completed in consultation with the child's doctor. It is also important that the staff know what to do during an asthma emergency. For this reason all of our staff has regular asthma training and immediate access to asthma emergency equipment.

StEPS

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. They will be at the centre on the 6th March 2013 from 8:45am. Please return permission notes before this date.

Easter Raffle



Every year we run an Easter Raffle to raise money for resources. We ask you to bring in an Easter egg to add to our basket. The more donations we receive, the more prizes we have. Tickets are \$2 each or 3 for \$5. All tickets and money are

due back by Thursdays 28th March when we will be drawing the raffle.

The Front Door is locked around 5pm and you can access the centre by going to the door up the ramp and ringing the bell.

Weddin Mobile
Preschool
Service

Coming Events

Quandialla Venue
Mondays and Wednesdays: Easter Hat Parade
Wed 27th March at 2pm

Caragabal Venue
Tuesdays and Fridays: Easter Hat Parade on Tuesday
26th March at 2pm.

Committee Corner



There will be an Ice Cream Bar and family afternoon on Saturday 9th March from 3-5pm. Choose your ice cream and mix and

match the toppings. Come along and meet and socialise with parents, staff and children from the centre.

Policies under review

Bus

Triple P Parenting Program

The Triple P Parenting Program will run from the
20th February to 27th March 2013

Time: 10am -12pm

**Location: Grenfell Community Health Centre
Camp Street, Grenfell**

Cost: Free

RSVP: 13 Feb 2013

BOOKINGS ESSENTIAL TO SECURE YOUR PLACE

Child Care is free and children will stay at the Grenfell Pre-school and Long Day Care.

Children need to be booked in advance to get the childcare free as there will be limited spaces.

No matter how good a parent you are you will still gain something from the course. Skills that will make you an even better parent. So come on let's all go to the Triple P Parenting Program. Parents and staff that did the last programme have said they learnt so much that they would recommend it to everyone regardless of how good/challenging your children can be.

If you are interested please give your name to Lisa or Sharon.

Munch and Move

Sharon attended the Munch and Move workshop in Nyngan on Thursday

Munch & Move is NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time (e.g. watching

TV or DVDs, playing on computers and small hand-held games devices).

Munch & Move offers training and resources to educators working in NSW early childhood education and care services. The training aims to assist educators to implement a fun, play-based approach to supporting healthy eating and physical activity habits in young children. The *Munch & Move* program fits within the new National Quality Framework and the Early Years Learning Framework.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones. **After lunch the children at our center are asked to take a mouth full of water swish the water in the mouth and then swallow.**

catch his regular bus home, \$1.00 will be payable to the Grenfell Pre School and \$1.00 to his regular bus driver for his return journey home with a total daily cost of \$3.00.

Helping you all settle in.

It is not easy being a parent and sending your child to day-care. We understand that you want only the best for your children. If we can help in any way please ask either a staff member or see the Director, Sharon.

At 8 am all the children meet in the Rainbow Room. At 8:30am the children from the Star and Garden Rooms are taken downstairs where they are encouraged to unpack their bags; putting their lunch and drink bottles in the fridge and fruit in the fruit bowl. Staff are watching to assist if needed. The children are encouraged to put their backpacks in the locker of their choice. Miss Patsy puts the school children on the bus and assists with taking children off buses in the morning. We often have 5 buses arriving one after the other. Most mornings the children will come together for a greeting in the Star Room before the Garden Room children go off to their own room. In the summer months by around 9am the children will go outside for outdoor activities after their sunscreen has been applied.

Grenfell Pre School and Long Day Care Centre Bus Service 2013

Provided by Loaders Coaches

Current Bus Services

Bus Number 1 – Greenethorpe Service – Robbie

Bus Number 2 – Piney Range Service – Peter

Bus Number 3 – Pinnacle Service – Brian

Bus Number 4 – Cowra Road – Virginia

Charges for travel for 2013

AM Services

Travelling from the Pre School to the Grenfell Public School (1 Boarded Journey) via Bus Number 4 – Cowra Road. Cost of \$1.00 Payable

Travelling from the Pre School to St Joseph's Catholic School (1 Boarded Journey) via Bus Number 3 – Pinnacle. Cost of \$1.00 Payable

PM Services

Travelling from the Grenfell Pre School to the Grenfell Public School (1 Boarded Journey) via Bus Number 4 – Cowra Road. Cost of \$1.00 Payable

Travelling from St Joseph's Catholic School to Grenfell Pre School (1 Boarded Journey) via Bus Number 3 – Pinnacle. Cost of \$1.00 Payable

Travelling from Grenfell Public School to Grenfell Pre School (1 Boarded Journey) via Bus Number 4 – Cowra Road. Cost of \$1.00 Payable.

All fares are to be collected or made payable to the Grenfell Pre School and Long Day Care Centre. Loaders Coaches will collect fares from Grenfell Pre School at the end of each school term.

Do note that any other separate journey not included above will be as per arrangement made with applicable rural bus operator.

Example: John Smith travels from his house (located on the Pinnacle Road) to Pre School, \$1.00 will be payable to his bus driver. John then travels from the Pre School to Grenfell Public School to

V-DAY COWRA JOINS GLOBAL EFFORT TO STOP VIOLENCE AGAINST WOMEN AND GIRLS

V-Day Cowra 2013 Presents a Theatre Event...

A MEMORY, A MONOLOGUE, A RANT AND A PRAYER:

Writings To Stop Violence Against Women and Girls.

April 6th - 2pm and 8pm - Cowra Civic Centre

BUY TIX at: www.moshtix.com.au

<http://www.moshtix.com.au>> (\$20 + b fee), search for VDAY events

Or at Uppercuts Hair Design - Shop 3, 37 Macquarie Street, Cowra or call 0413 681 875

A Memory, a Monologue, A Rant and A Prayer: Writings To Stop Violence Against Women and Girls

is a ground breaking collection of monologues by world-renowned authors and playwrights, edited by Eve Ensler and Mollie Doyle.

"Spellbinding, funny, and almost unbearably moving... it is both a work of art and an incisive piece of cultural history, a poem and a polemic, a performance and a balm and a benediction." –Variety.

V-Day is a global activist movement to stop violence against women and girls. Further information about V-Day can be found at www.vday.org

www.onebillionrising.org / 0413 681 875

Family Service Plans

Can all families please return to the room staff their child's completed Family Service Plan for 2013. Thank you if you have already done so.

Book Club

Just a reminder that book club orders are due back on the 22nd February 2013