



# grenfell preschool & long day care centre

newsletter

15<sup>th</sup> March 2010

## Thankyou

On behalf of the centre, I would like to thank Mark Hewen for giving up his time to construct the safety fence around the little playground. Mark without asking called at the centre to inform us it would be no trouble to put it up and in between showers of rain, it was constructed with some help from Dean. Ben Gibbons also on his day off picked up the fencing and delivered it to the centre. Thank you all.

## Little Play Ground

There was excitement at the centre when the work began on the yard. Our staff take pride in the centre and have been waiting for such a long time to see this day come. Laraine smile said it all as the bobcat started digging she turned and said "I cannot believe it has started isn't it wonderful" the children are also excited however I think it is because of the bobcat moving about in the yard entertaining the children.



## Bus Stop

Please remember that if you are dropping off or picking up your children at the centre **DO NOT** park in the bus zone between 8.30 am - 9.30am & 3.00pm.-4pm .It is a traffic offence and very hard for the bus drivers parking their buses



## Easter Raffle

Each year we ask families to donate an Easter eggs so we can hold an Easter raffle. If you can please drop them off at the centre and help us by selling some tickets. Tickets will be \$ 1 each. Enclosed with the newsletter is a ticket book containing 10 tickets. . Please have them back at the centre by Thursday April 1<sup>st</sup> in time for Easter.

## Blind and curtain cord hazards

Loose blind and curtain cords/chains—particularly those with loops—are dangerous. A child can place the loop over their head or get tangled in loose cords when:

- sleeping in a cot or bed where cords are hanging
  - playing near cords
  - standing on a chair, sofa or bed to look out of a window. Children do not understand that a cord/chain wrapped around their neck can tighten and strangle them in just a few minutes if they sit down, roll around or climb to the floor.
- Since the early 1990s, at least 15 young Australian children have tragically died in this.

## Steps for protecting children

Take these four simple steps to ensure that blind and curtain cords/chains in your home are out of reach of children, particularly children under six.

1. Check your blind and curtain cords
2. Secure loose cords out of reach
3. Choose safe blinds and curtains
4. Keep children away from all cords/chains

## Confidentially

The aim of the Grenfell preschool and Long Day Care Centre is to ensure the confidentiality and privacy of all children, families and staff members. The centre respect and maintained it at all times. If anyone has concern please come and see the director so she address them straight away.

**Don't Forget the Family Day Expo** in the park .Saturday 27<sup>th</sup> March. 4pm -7pm.

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 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.



News from the  
Grenfell Goannas

## 2010 Season

The Rugby League competition will kick off 20<sup>th</sup> March with the Club travelling to Canowindra to take on the Tigers. Canowindra have requested that the start time be put back until about 2pm to allow for morning cricket, this

is still be considered by the committee next week.

### Midgets - 3-5 years

The Club is conducting an ARL Development Program for 3-5 year olds. The midget program will be held in conjunction with our home games, with a possible training to be held on Tuesday nights. It is proposed that a charge of \$1 per week be imposed, to cover the insurance and associated costs. If you are interested in this, please contact Megan on 6343 7159.

### Courses

Group XI Lachlan JRL has organised for a League safe on Wednesday 17<sup>th</sup> March at the Grenfell Bowling Club. If anyone is interested in doing this course, please let Shane or Megan know ASAP.

### Registrations

Just a friendly reminder to all members, if you have not fully completed your registration, you will not be able to play in the trial or season games. So if you do not know if you are fully registered, ask Deb Wilson.

### Meeting

A committee meeting is scheduled for 7.30pm Tuesday 16<sup>th</sup> march at the Albion Hotel. All members are welcome to attend and be involved.

### Work Placement

Michelle Burns from the Young Tafe will be doing a work placement at the centre as part of her Diploma in Children's Services. On the 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, and 22<sup>nd</sup> March 2010



### An Invitation

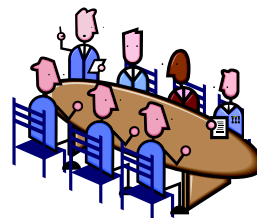
The Grenfell Public School has invited children to the Multi Award Winning Snake Tails (Australian Reptile Display) Wednesday 9<sup>th</sup> June 12pm-3.00pm Cost \$5 each  
As it gets closer, we will remind you all



### News from the Henry Lawson High School

The Henry Lawson High School P& C is running 100 Club. Tickets are available at THLHS office 63431390 and the NAB bank 63491600

### Committee Corner



**Don't Forget the Family  
Expo in the park  
27<sup>th</sup> March 4pm -7 pm**

**Policies being Reviewed  
Quandialla**

### Community Health News

#### Food for Life

**Are you interested in learning more about nutrition and cooking?**

**Do you want to increase your exercise?**

**Do you want to lose weight?**

#### How do you measure up



**Australian Better Health Initiative  
A Joint Australian, state and Territory  
Government Initiative**

**Introducing.... 'Food for Life'**

**A NEWLY developed 6-week program helping you to be more active and learn more about nutrition through education and fun cooking demonstrations. Participants will be asked to attend a 3-hour session 9.30 am to 12.30 pm every week for the program duration.....**

**Participants will receive cookbooks and eat what they cook each week! Starting Tuesday 20<sup>th</sup> April. Contact Grenfell Community Health Centre on 6349 1777 for further details. Places are limited so get in soon!!!!  
Contact Grenfell Community Health Centre on 6349 1777 for further details.**



## Oral health is essential for good health

by Belinda Wilson

Oral health is essential for health & wellbeing and early childhood is the time when most lifetime habits are established.

Dental caries (Tooth Decay) is one of the most common of all disorders and can occur at any age after teeth erupt. Early childhood caries (ECC) is a serious dental condition occurring during the preschool years of a Child's life when developing primary (baby) teeth are especially vulnerable. Early childhood caries are mostly preventable & with timely detection & treatment, serious effects can be prevented.

Child and family health and Community Nurses, GP's and Paediatricians who access infants and children through child health checks and immunisation appointments are well placed to assess, engage with and guide parents about the importance of good oral health and offer appropriate referral and access to dental care, when required.

If you have a concern about your child's teeth please access the Child and Family Health Nurses at Grenfell Community Health or your GP. These health professionals will provide information, support and if required a referral to the Greater Western Area Health Oral Health unit. Alternatively you can contact the **Oral Health call centre on 1300 55 2626**

### How do kids get tooth decay?

Putting a baby to bed with a bottle with something sweet in it like juice, milk, formula, and soft drink or cordial

Sucking on a bottle with sweet drinks for a long time

Eating many sugary, sticky foods eg cakes, chips, biscuits, pastries, lollies and chocolate.  
Not brushing their teeth twice a day with fluoride toothpaste

### How to keep teeth healthy

#### Eat well

Give kids healthy snacks like cheese, vegetable sticks, fresh fruit, wholegrain sandwiches and soups.

#### Drink well

Breast milk is best for your baby

Teach your baby to drink from a cup from around 6 months

Give tap water in-between meals

#### Clean well

Clean your baby's teeth as soon as they appear with water only

Brush your Child's teeth twice a day, with low fluoride toothpaste from around 18 months

Help your child with brushing until they are 8 years old

#### Stay well

Keep your own teeth and gums clean and healthy

Lift your child's lip to check for tooth decay



## Dates to remember

### Family Day Expo in the Park

Where- Taylor Park

27<sup>th</sup> March 2010 4pm-7pm

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

### Grenfell Story Time at the Grenfell library

24<sup>th</sup> March 10.30am - 11.30am

## Contact Us



35 Forbes Street  
(PO Box 35)  
Grenfell NSW 2810



02 6343 1743



02 6343 1304

Family Expo flyer