



grenfell preschool & long day care centre



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newsletter
21 st May 2012
Issue 9

Whooping Cough

A child that attends child care has been diagnosed with pertussis (whooping cough).

What is pertussis?

Pertussis is an infection of the respiratory tract that can cause bouts of coughing, and sometimes breathing difficulties and vomiting. It can be a very serious infection in small children. The illness can last for many weeks. It usually starts with a snuffle or a cold.

What should people sick with pertussis do?

If your child develops symptoms, please take your child and this letter to your local doctor as soon as possible. Your doctor can advise whether pertussis is likely and arrange for early treatment if needed. Treating people who have pertussis with antibiotics can stop the infection spreading, but is more effective if started early.

To help prevent this infection spreading, people who have been diagnosed with pertussis should not attend school until they have completed the first 5 days of a course of the recommended antibiotics. If antibiotics cannot be taken, then they must stay away for 3 weeks after onset of the cough.

How is it prevented?

Vaccination is the most important way of reducing pertussis in our community. It is important to double check that your child is fully up to date with his or her immunisations against pertussis. If in doubt, please ask your doctor to check. Whooping cough immunity wanes over time and can occur in fully-vaccinated children.

Fun day in the park.

It was such a beautiful day for our fun day in the park and thanks to the Lions club the children had fun jumping on the jumping castle while the parents mingled and talked. Sarah and Sharon added to the day by face painting the children.

There were plenty of sausages to be eaten and cool drinks to drink.

Each term the committee try to hold something for the families to get together.

Biggest Morning Tea

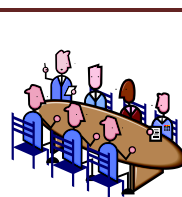
Don't forget we are hosting the biggest morning tea this Thursday. Once again Tim Wood will be here to make you the best cup of coffee you have ever had. The committee are busy baking muffins and cakes for the event. Tim will be at the centre when we open so you can place your orders as you drop your children off.

Parent Teacher Interviews

Staff will be available to discuss your child's progress from Monday 18th June to Friday 22nd June. If you would like to have an interview please place your name on the list that is in the sign in/out books for each room. I urge all families to take advantage of this opportunity and to speak to your Child's teacher about their progress.

Information Night

Principals of St Joseph's Primary School, Mr Peter Stephens and Mr Andrew Hooper from The Grenfell Public School will be at our centre on the 18th June at 7.30pm to share information about their schools. All parents who have children starting school in 2013 are encouraged to attend to hear information about the schools. Everyone is welcome to attend



Committee Corner

Policies Reviewed

Programming policy, Outdoor Policy, Privacy and Information Management, School Choices, Staff Appraisal Policy, Staff Grievances, Staff Immunisation, Staff Smoking and Alcohol, Staff leave without pay, Parent Involvement, Parent and staff communication, Staff Professional Development day, Food Handling Policy. Fire / Emergency Evacuation

New outdoor equipment

At last our new outdoor equipment has been installed. It was done at a weekend so the children got a surprise when they arrived the following week. The yellow boat looks fantastic and the children have just loved it. Make a point when dropping off your children to take the time to go and have a look at it.

Getting the kids outside

Kids need to be active for at least an hour a day. The more the better! How active? Active enough so that their heart races a bit, and they might work up a sweat. Running, jumping, climbing, kicking a ball, throwing a ball, playing chasings that sort of active.

Active kids are healthier. Active kids are more likely to have a healthy weight. Active kids sleep better. Active kids are more likely to have a good appetite. But some kids don't want to leave the lounge room. Some like TV too much, and others don't like getting hot, or cold, or dirty.

Here are some tips.

- Model for your kids – you can't really expect your child to go outside if you won't. Most children want to be like their parents. If they see you watching TV every morning, they'll watch. If they see you kicking a ball outside, they'll kick.
- Choose your presents well – you probably give the kids Christmas presents and birthday presents, maybe more. You have a choice – DVD or ball? Computer game or skipping rope?
- Find what your child likes, and encourage it – that may be dance for boys and rugby for girls. It may not be your cup of tea, but if it's theirs, let them do it.
- Find places your child likes, and go there – that may be a playground, or the public pool, or a park. If they're happy there, they'll play.
- Look at what you've got outside. If you have a garden, is it mainly for show? Or does it give the children room to run? And if you don't have a yard, where else can you go? Are there parks for hide and seek? Laneways for soccer? Telegraph poles to race between?

But don't expect your child to do this alone. They'll want company and, for many pre-schoolers, the company they want most is a parent.

For more information

- Healthy kids – <http://www.healthykids.nsw.gov.au/>
- Raising children – <http://raisingchildren.net.au/>



Weddin Mobile Preschool Service News

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

School Photos

Quandialla – 1st August 2012

Caragabal – to be advised

Steps Eye Screening at the Quandialla service will be done Wednesday 20th June at 9:15am

Caragabal service will be done at a later time and as soon as we have been notified of the date we will inform you

Claim the date

Saturday 20th October 2012 for the Quandialla Preschool Octoberfest Twilight Fair.

Phone Number for the Mobile Service
0488045584

Dates to Remember



School Photos

November 13th

Biggest Morning Tea

Thursday 24th May

Net Waste

1st June 2013

Excursion to the town Library for the Star Room Children

23rd May

Steps Eye Screening

20th June 2012

Young Eyes

18th October 2012

This year the Pinnacle Guinea Pig Races will be held on June 10th starting at 11am. The races are held at 'Milroy' on Hectors Road at Pinnacle and the site is well signposted from Grenfell. This year in addition to guineapig racing there will be live music, a jumping castle, merry go round, sausage sizzle, Mr Whippy, coffee machine, pizza van and more. If you have your own guineapigs why not enter them in the sprint and hurdles races otherwise just come along for a unique family day out. Entry is \$5/adult and \$1/child. For more information contact Madeleine on 0409 326 542 or by email madeleine.griffiths@bigpond.com