



grenfell preschool & long day care centre

newsletter
8th October 2013
Issue 16

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Welcome Back



We welcome Miss Emily back from maternity leave. Miss Emily will be working one day a week in the Star Room on Tuesdays.



Reminder

Our routine for the centre changes this term. We start the day off with outdoor play. Please remember to pack a hat clearly labelled with your child's name. We do have some spare hats but run out quickly.

Star Room

The Star Room **will not** be sharing their fruit this term in preparation for school. We ask that you leave the fruit in their lunch boxes.

Don't forget the AGM on Monday 21st October 2013 at 7pm

**Are you interested in becoming more involved in the day-to-day running of the Centre?
Would you like to be part of our Management Committee?**

If you are interested in being part of our Committee, please come along to the AGM. Everyone is **welcome!** Nominations and elections take place at the AGM.

Written nominations will be accepted prior to the AGM.

We invite all parents to come along to the AGM and to become more involved in our service.

Nomination forms are available at the office.

We need a committee to operate the service so please think about supporting it.

If we don't have a committee the centre cannot operate.



School Transition

Transition to the Grenfell Public School will run for 5 weeks: **Thursday 17th, 24th, 31st October and 7th and 14th November. The 14th November will be a full day**

St Joseph's school transition program will run for four consecutive Wednesdays. **The dates are the 23rd and 30th October and 6th and 13th of November. The first 3 sessions are from 9.30am-11.35am, and the last session from 9.30am -2.00pm.**

Notes are to be returned as soon as soon as possible so we can inform the school as to how many will be attending.

New vaccination law

A reminder to all parents that they need to provide evidence to the centre that their child is either:

- fully vaccinated for their age
- has a medical reason not to be vaccinated
- has a conscientious objection, including religious beliefs, to vaccination, or
- is on a recognised catch-up schedule if their child has fallen behind with their vaccinations.

Families can get a copy of their child's immunisation details by calling **1800 653 809** or emailing: **acir@medicareaustralia.gov.au**

Christmas Toy Catalogue

The Christmas Toy Catalogues that have gone home recently are due back by Thursday 31st October so that orders can be returned in time for Christmas.

Registered Care Rebate

The centre has had to reapply to be a Registered Carer for Child Care Benefits. As a result no statements will be issued for Grenfell Preschool or Weddin Mobile Preschool attendances for term 3 until this application has been assessed and we

have been issued with a new CRN number. We apologise for this delay and we will issue these statements as soon as we can.

If you have any questions please see Lisa or Sharon.

Red Dots

Red Dots on the sign in and out sheet means that a staff member would like to talk to you. It may just be to talk to you about your child's day.

Dental health

There are important reasons for promoting dental health in young children:

- Tooth decay is the single most chronic common childhood illness. However, it is mostly preventable through effective oral hygiene measures and a healthy diet.
- Good dental health is an essential part of good general health and wellbeing and is now increasingly recognised as being related to various lifestyle factors, such as poor diet/nutrition and limited exposure to fluoride.
- The primary dentition ('baby' or deciduous teeth) is important for young children to develop their eating ability, speech patterns, appearance, and later to guide the eruption and position of their permanent teeth.

Childcare services provide ideal settings to promote good dental health. Childcare staff plays a significant role in the education and modelling of healthy behaviours to young children and their families. They have the opportunity to:

- set guidelines and policies within the centre
- promote positive eating and oral hygiene habits in children
- assist in creating desired and healthy behaviours for parents, carers and families.

At the Grenfell Preschool and Long Day Care Centre after lunch the children are given a drink of water where they are encouraged to Swig Swish and swallow

Tooth Decay

What is tooth decay?

Tooth decay starts as small white spots that grow to large holes over a period of time. If tooth decay is not treated it may lead to infection, pain and swelling and eventually to tooth loss.

How do teeth decay?

Germs (bacteria) in your mouth grow on teeth every day. They form a sticky layer over the teeth called dental plaque. The bacteria in plaque use sugars in the things we drink and eat, and make acids. The acid attacks the tooth's outer layers (enamel and dentine) and dissolves them away. If acid continues to attack, then a hole will appear in the tooth's outer layer. This is called tooth decay. Tooth decay may be painful or you may not even know it is there. Saliva (spit) neutralises the acid in plaque. If the plaque is brushed off and saliva surrounds the tooth, the enamel surface can harden again. Fluoride helps the enamel to be repaired.

What causes tooth decay?

- Not brushing teeth everyday with fluoride toothpaste.
- Sugary food and drinks consumed frequently throughout the day.

What are some foods that can cause tooth decay?

Sugary and sticky foods like lollies, biscuits, cakes, chocolate. Any food that sticks to tooth surfaces and dissolves slowly increases the risk of tooth decay.

What are some drinks that can cause tooth decay?

Soft drink, juice, cordial, sports drinks, sweetened tea or coffee, flavoured milk. The risk of tooth decay increases if the sugary drinks are sipped slowly, or when they are swished and swilled before swallowing.

How can you prevent tooth decay?

- Eat healthy food and snacks.
- Limit sugary food and drinks.
- Drink tap water throughout the day.
- Brush your teeth morning and night with fluoride toothpaste.
- Have regular dental check-ups.



Dates to Remember

Eye Screening
Wednesday 9th October 2013

End of Year Celebrations
13th December 2013
Operation Christmas Child
October
AGM
21st October 2013 at 7pm

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The Centre will close for two weeks from 20th Dec.

Grenfell Dramatic Society

Grenfell Dramatic Society's 2013 pantomime, "Push-in Boots", is fast approaching. Tickets will soon be available for the following times at \$5 per person:

Saturday November 2 at 11am and 2pm

Monday November 4 at 7pm

Thursday November 7 at 7pm

Saturday November 9 at 11am and 2pm

A Chance for Two Free Tickets!

All pre-schoolers will have the opportunity to enter the "Push-in Boots" art competition to win two tickets to any performance. The competition is about BOOTS. Children may enter **one** art work. They are to decorate a drawing of a pair of boots. The children will be supplied with a printed copy at Pre-school.

All art works will be collected from the Pre-school on

Wednesday 23rd October.

For more information contact Darryl Knapp 6343 1284 or starknapp@gmail.com.



Committee Corner
AGM 21st October at 7pm.

Holiday Photos



The centre held a fun filled holiday programme for the children. We had excursions to the Library and Rotary Park as well as a science day, cooking day and a party.



**Weddin Mobile
Preschool
Service**

Welcome back Weddin Mobile Preschool Service.
Remember we are a nut free service.

Contact numbers Mobile Service: **0488 045 584**
Grenfell Pre School and Long Day Care Centre: on
63431743.

The End of the Year Celebrations

The end of the year Celebrations will be at the Grenfell Country Club on Friday 13th December 2013 starting at 6pm. This year we will be having the concerts first followed by the graduation and sausage sizzle.



Annual General Meeting

The Annual General Meeting of the Grenfell Preschool and Long Day Care Centre will be held at the centre on Monday 21st October at 7pm.

We need a committee to operate our centre so please think about coming along to the AGM and support those who wish to be on the committee. If we do not have a management committee the service cannot operate.

The Management Committee of the Grenfell Preschool & Long Day Care Centre is elected each year at the Annual General Meeting. The Committee comprises of seven members, 4 Executive members (President, Vice- President, Secretary and Treasurer) and 3 Ordinary members.

The Management Committee has ultimate responsibility for the operation of the Centre

Including:

- Overseeing the activities of the Centre and ensuring the Centre meets licensing obligations.
- Controlling the Centre's money and ensuring proper financial records are kept.
- Hiring new staff and ensuring work conditions and salaries are in accordance with Awards.
- Setting fee levels and developing policies.
- Ensuring the premises are maintained and promoting the Centre to the community.

If you are interested in being part of our Committee, please come along to the AGM. Everyone is welcome! Nominations and elections take place at the AGM. **Written nominations will be accepted prior to the AGM.**

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