



Term 1, 2025



Welcome to 2025!

New Year, New Friends, New Adventures

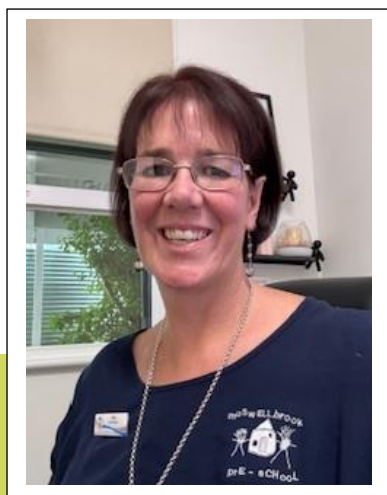
Preschool is an exciting time for our little people and their families! We send a very big, and very warm welcome to you and look forward to your preschool journey with us.

My name is Kelly Constable, I am the Director/Nominated Supervisor of the Preschool. I have enjoyed my role here for the past 17 years and have been a proud member of the Muswellbrook community since childhood. I enjoy living in Muswellbrook with my husband Ian and our 2 daughters, Jade, 18 and Kayla 13, who both attended Muswellbrook Preschool as youngsters.

I am always happy to meet with you. You will find me in the office Monday to Friday, so please pop in if you have any questions/comments or concerns or simply for a chat!

We are looking forward to a great year,

Kelly 😊



“Children learn
as they play. Most
importantly,
in play children
learn how to
learn.”

Staff 2025

Director: **Kelly Constable**

Admin: **Bronwyn, Tanya, Lee**

Educational Leaders:
Sally, Raelee

Teachers/Room Leaders/Amaroo:
**Shannon, Barbara, Nicole, Sally,
Kristen, Victoria, Sabrina, Kim,
Tavia, Kiera.**

Educators:
**Aleesha, Amber, Amy, Angela C,
Angela T, Bella, Bev, Bianca,
Carly, Cassie, Corinne, Emma,
Heidi, Jade, Jami, Jay, Karen,
Karissa, Kate C, Kate S, Kylie,
Lacey, Lauren, Miyah, Nicole,
Rachelle, Sara, Shikita, Tenae,
Tiffany, Wendy.**

Trainees:
Chelsea, Madi, Melissa

School Based Trainees:
Alysha, Liberty

Cleaning:
Kathy, Tania, Hayley, Sabrina

Gardening & Maintenance:
Philip



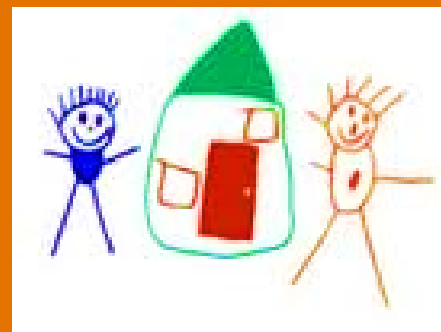
www.muswellbrookpreschool.com.au



[mbkpreschoolkindergarten](https://www.instagram.com/mbkpreschoolkindergarten)



Muswellbrook Preschool Kindergarten



We like to post articles of interest, reminders, and general information.

Please LABEL Everything!!!

It is very important that you label **ALL** your child's belongings clearly with their name. Please remember school bag, socks, shoes, undies, hats, clothes, water bottle and lunch box. It is also a good idea to show your children what belongings they have in their bags, so they are familiar with their own items.

PLEASE ALSO PACK AND LABEL SPARE CLOTHES.

Office Hours

Daily 8.15am to 3.45pm

Please **do not** bring toys from home to Preschool. We have a beautiful range of toys/experiences available for your children to explore and enjoy while they are here.

Preschool Fees Information

Preschool charges a weekly rate for public holidays and school holidays. Public holidays are not charged for; however, all other absences are. All accounts must be paid by the 10th of the following month.

Term Dates 2025

Term 1 ~

4th February to 11th April

4th April - 1/2-day Muswellbrook Cup Public Holiday

25th April - ANZAC Day March - more information to come.

Term 2 ~

Tuesday 29th April to 4th July

28th April - Pupil Free day

9th June - Public Holiday

Term 3 ~

22nd July to 26th September

21st July - Pupil Free day

Term 4 ~

13th October to 17th December

If your child has a day away from Preschool...

If your child is unwell and/or is going to be away, it is good to hear from you so that we know your child is not coming that day. You can mark your child as 'absent' on the OWNA app or phone the office.

DYSON FAMILY FOUNDATION BACK PACK PAL PROGRAM

If you and your family are experiencing financial difficulty you might be interested in this program to help lighten the load. The Back Pack Pal initiative provides food packs to children of families that are experiencing financial strain.

Each Back Pack Pal will provide a child with 2 breakfasts, 2 lunches/dinners and 2 snacks. These packs are ordered by preschool and delivered to preschool at no cost. Back Pack Pal can be accessed anonymously and discreetly via the office.

If you would like to receive a Back Pack Pal for your children, please contact the office on 6543 2637, call in at the office or speak to your child's Room Leader.



What to pack for your child's day at Preschool...

- Lunch Box – Morning Tea, Lunch and Afternoon Tea – please see the “Red Lunchbox” following in the newsletter for ideas.
- Spare Clothes – A complete set of spare clothes – all labelled. A good idea is to store your child's spare clothes in a 'dry bag' (available to purchase at the office).
- A backpack style bag – big enough to fit everything in easily. Children love packing their own bag and a small bag can be very challenging!
- Note Bag – this will be given to your child on their first day, please return each day.
- Please dress your children in clothes that allow them to toilet easily, shoes that they can do themselves or attempt to do themselves and clothes that can GET DIRTY!!!!

Birthday Cakes...

When your child has a birthday, you can celebrate this in the room by bringing in cupcakes for your child to share with their class friends. Any type of cake is suitable but remember no nuts. If you don't want to bring cake, other choices are bubbles, whistles, party hats, fruit platter etc. If you have a concern regarding your child eating some of these birthday cakes, please talk to the staff in the classroom.

Messy Play / Rainy Days / Hot Days / Mud Fun...

Preschool provides a range of messy play/mud play so please bring your children in clothes that can get VERY dirty and wet. We also play outside in the heat and in the cold/rain (within reason), so please dress your child according to the seasons and pack a warm coat in winter!

5 tips to take the pressure off packing a lunch box



Do you feel the pressure when packing a lunch box? Are you trying to pack one that appeals to a fussy eater, only takes a few minutes to pack, doesn't cost too much and is nutritious? It's easier than you think!

Here are our top 5 tips to take the pressure off packing a lunch box.



1. Base it on the five food groups

If you choose lunch box foods from the 5 food groups, then you can be sure it provides your child with the nutrients they need to grow, learn and play throughout the day.

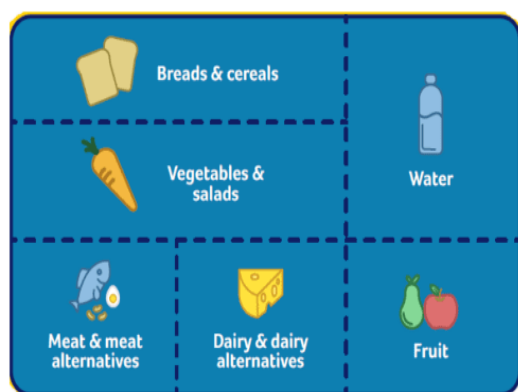
- **Breads and cereals** – such as different breads, pasta, couscous, rice, noodles and crispbreads.
- **Vegies and salads** – like carrots, celery, cucumber, tomatoes and lettuce.
- **Meat and meat alternatives** – like eggs, tofu, chicken, fish, lentils, chickpeas and baked beans.
- **Fruit** – there are so many options of whole fruit, cut up fruit and canned fruit in natural juice.
- **Dairy and dairy alternatives** – like milk, cheese, yoghurt and calcium-fortified alternatives such as soy milk, oat milk and soy cheese.

Don't forget a bottle of water.

2. Add colour to the lunch box with fruit and vegetables

We have all heard of the expression 'we eat with our eyes'; however, this doesn't mean you must spend hours preparing a lunch box filled with dinosaur sandwiches and star-shaped cheese. Make it look appealing by adding colour to the lunch box with your child's favourite fruit and vegetables.

3. Let your child help choose



If you have a fussy eater it can help to get your child involved in choosing foods from healthy options that they want to have packed in their lunch box. Watch our Lunch box video with your child to get them excited about the lunch box.

If your child is a creature of habit, you can use the lunch box as an opportunity to introduce new foods slowly. Keep most of the lunch box containing the same foods you know they will eat,

then add or change one small thing at a time, like adding one baby cucumber or a cherry tomato. Once you start seeing that these new foods are eaten, then these can become regulars in the lunch box and you have successfully added a new healthy food to your child's diet. Remember small steps make a big difference!

As kids get older they can pack their own lunch.

4. Save time by packing leftovers

Lots of dinner foods can easily be packed in the lunch box. Cook a bit extra at night, pack leftovers straight into lunch containers and store in the fridge until the next morning. This works very well with:

- Pasta – plain or with sauce
- Baked vegies like potato, pumpkin or sweet potatoes
- Meals like fried rice, lasagne or pizza
- Koftas, falafels or rissoles – can be enjoyed on their own or added to a sandwich, wrap or roll

5. Save money by stocking up on specials

Finding the balance between saving time and money is challenging because convenience comes at a cost. Cooking meals and preparing snacks from scratch is usually cheaper than buying an equivalent packaged meal or snack. For example, slicing cheese and putting it with wholegrain crackers will cost around \$1.50/100g compared to up to \$3.80/100g for pre-packaged sliced cheese and biscuits. Buying a large tub of yoghurt and dividing it into smaller tubs for the lunch box will cost less than buying individual yoghurt tubs. Generally, the more processed a food is, the more expensive it will be.

When you need a grab-and-go snack with no preparation stock up on specials like popcorn, cartons of dried fruit or tubs of fruit in natural juice! Just ensure that the products you buy won't expire before they can be eaten. For more ideas, read our blog 8 healthy packaged snacks to grab-and-go when time is low.

COMMUNITY NOTICE BOARD

TOWARRI PHYSIE

DISCOVER A DANCE WITH A DIFFERENCE

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ABERDEEN-MUSWELLBROOK

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EMAIL TOWARRIPHYSIE@GMAIL.COM



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Classes for 2 years to 4 years

MUSWELLBROOK-SCONE-MURRURUNIDI-ABERDEEN

Contact Tenae 0419 770 081
email- towarriphysie@gmail.com



This is a fun introduction to the world of dance, designed by our professional dance teachers specifically for kids!



JUNIOR RUGBY UNION
IS BACK IN
MUSWELLBROOK FOR 2025!

We're pleased to announce Junior Rugby Union is back in Muswellbrook for 2025!

Have you got an active 7-12 year old boy or girl that would enjoy a fully inclusive team sport?

Maybe Rugby Union could be just the sport you've been looking for!

What will the players get?

- 2x Training sessions per week developed by our internal Head of Rugby
- 1x Competition game per week (As per season Newcastle Hunter Rugby schedule)

Plus over \$300 of FREE Club Gear:

- 1x pair of team socks
- 1x pair of team shorts
- 1x training shirt
- 1x club hoodie
- 1x playing jumper (end of season presentation)



What's the cost?

Age Group	Rego Fee
Under 8's (7-8 year old)	\$131
Under 10's (9-10 year old)	\$149
Under 12's (11-12 year old)	\$149

NB: Fee set by NHRU, no additional club charges!



Don't forget your Active Kids
Vouchers for 2025 -
Save \$50 off registration fee for
eligible kids!!

Do you want to give Rugby a try before registering?

Feb Intensive Skills & Drills + Rego Drive:

When: Friday Nights 6pm Start

Where: Highbrook Park

Dates: 7th Feb / 14th Feb / 21st Feb

Ages: 7-12 Boys & Girls

FREE Snag Sanga + Drink for all kids!

Interested or want to know more, contact Dominic:

0459 433 039 / juniors.muswellbrookrugby@gmail.com

Ready to Sign Up for the 2025 Season?

- Scan the QR
- Download Rugby Explorer App
- Create your profile
- Register to PLAY RUGBY
- Select Muswellbrook JRUC
- Select XV's Juniors & Season
- We will email confirmation
- Regular updates via email & social media



SCAN ME



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Search:

Muswellbrook 'Heelers' Junior Rugby Union



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Upper Hunter Physie

FREE DANCE CLASS

Come and dance with us
on February 18th

Register Now

Contact

0448275771

♥ Facebook - Upper Hunter Physie



February 18th

Muswellbrook Preschool – Lunch Box Guidelines

Please follow the below guidelines when packing your child's lunch box.

Green Zone: Excellent lunch box items, pack freely.

Orange Zone: Please limit. No more than 4 of these items per day (excess items will be sent home).

Red Zone: Not to be included in the lunch box. Please do not pack these items, they will be sent home.

Excellent Lunch box Items: Pack freely

Fruit, Veggie Sticks, Hummus Dip, Yogurt, Cheese and Biscuits, Sandwiches, Wraps, Salad, Plain Popcorn, Pikelets, Scones, Rice Cakes, Pretzels, Fruit Loaf, Meatballs, Shredded Chicken, Chicken Leg, Boiled Egg, Vegetable Muffins, Zucchini Slice, Pasta Salad, Plain Pasta, Coleslaw, Pinwheels, Canned Fruit (in plastic container).

Please limit: No more than 4 of these items

Baked Cakes, Slices, Sweet Biscuits, Savoury Biscuits (shapes etc), Muesli Bars, Fruit Bars, Yogurt Balls, Frankfurt's, Le Snack, LCM Bars, Tiny Teddies, Chips, Jumpy's, JJ's, Grain Waves, Muffin Bars, Jelly, Custard, Chocolate Custard/Yogo long life milk popper (plain preferred)

Not to be included in the lunch box: These items will be sent home.

Lollies and anything that looks like a lolly (eg. IXL fruit drops), Chocolates, Fruit sticks, Roll Ups, Foods High in Sugar, Fat and Salt (please see the food guide on the back of this note). No juice/fruit poppers. No soft drinks or cordial.

Drink bottles: must only contain water

Please DO NOT pack foods containing nuts

Understanding Food Labels

Nutrition Information

Servings per package – 16
Serving size – 30g (2/3 cup)

	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g

Carbohydrate

Total	18.9g	62.9g
Sugars	3.5g	11.8g

Fibre 6.4g 21.2g

Sodium 65mg 215mg

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

Ingredients ▲

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

Total Fat ►

Generally choose foods with less than **10g per 100g**.

For milk, yogurt and icecream, choose less than **2g per 100g**.

For cheese, choose less than **15g per 100g**.

Saturated Fat ►

Aim for the lowest, per 100g.

Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ►

Not all labels include fibre.

Choose breads and cereals with **3g or more per serve**

◀ 100g Column and Serving Size

If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)

Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Other names for high salt ingredients:

Baking powder, celery salt, garlic salt, meat/yeast extract,

monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.