

MUSWELLBROOK PRESCHOOL

Term 2



May 2026

WELCOME BACK!

Welcome back to Term 2, it's great to have everyone together again. We hope the break brought plenty of rest, fun, and family time. This term is full of new opportunities to learn, grow, and reconnect, and we're excited to see what each child will achieve. Here's to a positive, productive, and enjoyable Term 2 for all!

OFFICE

Fees Reminder

When paying your fees please go off paper statement sent home at the start of every term. The OWNA app isn't always the true balance that you have remaining on your account. Call the office if you need to know the accurate balance of your fees. All fees need to be always 2 weeks in advance. If your are paying your fees once a term, they are now overdue. Please pay ASAP

IMPORTANT DATES

- Monday 8th June Public Holiday
- Last day of term Friday 3rd of July
- School photo, coming soon! Watch this space
- Paver Fundraiser, due date 12th of June. Notes coming



Emergency Evacuation Drills

Over the last week children across the whole preschool recently took part in an emergency evacuation drill, gaining valuable experience in staying calm, listening carefully, and moving safely as a group. These practice sessions help children build confidence and understand what to do in the unlikely event of a real emergency. Educators guide the process gently, turning it into a learning opportunity that supports independence, responsibility, and a strong sense of safety. We would like to highlight the importance of having a fire evacuation plan at home as well school, this allows the children to have a connection between both places and a clear understanding of exits, and where to meet to feel safe secure and supported.



HEALTHY LUNCHBOXES

Healthy lunchboxes can be fun and delicious, packed with excitement, colours, textures and tastes, an adventure in eating everyday. With a little planning your child will be unable to resist. For young children variety is important, choosing a food from each of the six groups below creates a balanced healthy lunchbox and can be easily tailored to the fussy eater.

Mix from 6

2 FRUIT

3 VEGETABLES

1 GRAINS & CEREAL

6 WATER

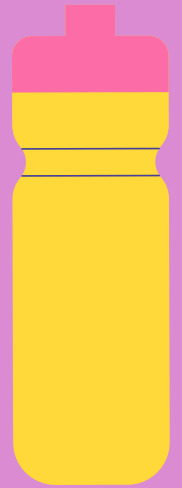
4 DAIRY

5 LEAN MEAT



Lunchbox

IDEAS



Fried Rice

Ingredients

1 cup long grain rice
Olive or canola oil
2 eggs, beaten
1 onion, diced
1 red or green capsicum, seeded and diced
1 large carrot, diced
2 cups cabbage, shredded
1 cup green peas, fresh, canned or frozen
1 cup sweet corn kernels, fresh, canned or frozen
1 cup bean shoots (optional)
2 spring onions, chopped
1 tsp sesame oil
3 tbsp reduced-salt soy sauce*
1 tbsp oyster sauce*

*Vegetarian if using a vegetarian oyster sauce

*Gluten free if using a gluten-free soy sauce and oyster sauce

Method

Step 1

Cook rice following packet directions, drain and cool completely. Tip: you can cool the rice faster by spreading rice on a baking tray and placing in the fridge or freezer.

Step 2

Lightly grease a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside.

Step 3

Lightly grease the same pan with oil and cook onion until golden. Add capsicum, carrot, cabbage, peas, corn, bean shoots (if using) and spring onions. Toss well for several minutes.

Step 4

Add rice, sesame oil and sauces. Stir until sauces have mixed through.

Step 5

Fold in sliced omelette.

Sausage Rolls

Ingredients

1 tbsp olive oil
1 medium zucchini, grated & liquid squeezed out
2 large carrots, grated
1 stick celery, finely diced
1 clove, garlic
350g lean beef mince
8 sheets filo pastry
2 tsp margarine*, melted

*Dairy free if using a dairy free margarine

Method

Step 1

Pre-heat oven to 180°C. Line a baking tray with baking paper.

Step 2

Heat olive oil in a non-stick fry pan and add the zucchini, carrot, celery and garlic. Cook on low until the vegetables have softened. Don't allow them to brown.

Step 3

Place mince in a large bowl and add the cooked vegetables. Mix well.

Step 4

Divide the mixture into 8 and roll each piece into a sausage shape.

Step 5

Unroll the filo pastry sheets with the short end nearest to you.

Step 6

Brush the top sheet lightly with margarine. Place one of the sausages on the filo, fold the edges in and roll up. Brush with a little more margarine to seal.

Step 7

Repeat with the rest of the sausages and filo sheets.

Step 8

Place on the baking tray and bake for approximately 20-25 minutes or until the pastry is golden and crispy and the meat is cooked through.



HEALTHY LUNCHBOXES

1. GRAINS & CEREALS	2. FRUIT	3. VEGETABLES	4. DAIRY/ ALTERNATIVES	5. LEANMEAT/ ALTERNATIVES	6. WATER
<p>Wraps Sandwiches Bread rolls Pasta Rice Noodles Cous Cous Corn and rice cakes Crackers Sushi Naan Rice paper rolls (wholegrain or wholemeal varieties are the best choices)</p>	<p>Fresh fruit: Apple Apricot Banana Grapes Mandarin Orange Pear Peaches Pineapple Plum Rockmelon Strawberries (fruit can be cut into chunks for small children)</p> <p>Tub of fruit in natural juice</p> <p>Dried fruit Sultanas Dried fruit mixes (less often)</p>	<p>Fresh veggies: Avocado Carrots Capsicum Celery Corn cobs Cucumber Green beans Mushroom Snow peas Tomatoes (veggies can be cut into sticks or shapes for small children, they can also be teamed with dips, like hommus or natural yoghurt)</p> <p>Salads: Salad flling in sandwiches and wraps.</p>	<p>Plain milk (freeze the night before to keep cool) Soy or other calcium enriched plant based milk Plain yoghurt Custard Cheese slices, cubes, sticks Cream cheese Cottage cheese Ricotta cheese. (choose reduced fat for children over 2 years of age)</p>	<p>Fish: Tinned tuna Tinned salmon</p> <p>Meat: Lean roast or grilled meats: beef, lamb chicken Lean meat or chicken patties Skinless chicken drumsticks Rissoles or meatballs Lean deli meat: ham, chicken, beef (less often)</p> <p>Alternatives: Boiled eggs Baked beans Tofu Lentil patties Hommus Falafel</p>	<p>Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe, so buy your child a refillable drink bottle they like and get them involved. Freezing water bottles overnight keeps them cool during the day.</p>

SOMETIMES FOODS

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Foods like lollies, chocolates, jelly cups, fruitbars and fruit straps, sweet biscuits, potato and corn chips should be given much less often.



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



Health

Day of Action

We would like to extend our heartfelt thanks to all our wonderful families for the ongoing support you have shown.

Your encouragement and understanding have made it possible for some of our staff to participate in the Day of Action, and we are truly grateful.

Moments like these remind us how strong our preschool community is. When families and educators stand together, we create an environment where everyone feels valued, supported, and heard. Your kindness and cooperation mean so much to our team, and we deeply appreciate the trust you place in us each day.





NATURE PLAY IN AMAROO

What's happening here?

The children are:

- Exploring natural materials (rocks, seeds, pods, food items)
- Using tools (mortar and pestle) to crush or mix items
- Engaging in imaginative play, discussing what they can cook, prepare and make with their seeds
- Working together, sharing materials and space with guidance from a teacher



We are engaging in sensory development

Handling rocks, seeds, and plant materials helps children experience different textures, weights, and shapes.

We are strengthening our fine motor skills

Picking up small items, grinding with tools, peeling seed pods and sorting strengthens hand muscles and coordination.

We are strengthening our creativity & imagination

Unstructured materials encourage open-ended play. Children can turn anything into part of a story or activity.

We are problem solving & developing our curiosity by experimenting

“What happens if I crush this?”

“Look you can peel the skin off”

“You need to hit the pod like this”

Ycompare objects, and make discoveries.

We are enjoying being connected to nature

Regular interaction with natural items fosters appreciation and comfort in outdoor environments. Positive experiences in nature creates a natural love of the outdoor environment.

We are developing our social skills

Sharing tools and collaborating builds communication, patience, and cooperation.

We are building our language skills

Hearing and using new words like seed pod, mortar & pestle

Nature play & its benefits

This is a great example of nature play, where children interact with natural elements rather than structured toys. It offers a whole range of developmental benefits for children.

Term 1 - Amaroo Review

The children were welcomed into the new Amaroo format this term, spending the entire day in our Amaroo playground where they experiencing being immersed in the outdoor environments. The children enjoyed getting to know the Amaroo animals. Our Guinea Pigs Coco, Lightning, Princess Shannon & Jojo enjoyed being brushed and pampered by the children.

Poppy the bunny went for walks or should we say 'Hops' around Amaroo on her new lead. She was even lucky enough to participate in the Easter Hat parade with Bianca.

We have 12 chickens in Amaroo who have enjoyed eating our morning tea and lunchtime scraps as part of our sustainability program. Some children have been lucky enough to discover eggs in the chicken coop.

We have been growing fruits and vegetables and even harvested a giant zucchini which we sent to the Muswellbrook Show. Our entry took out 2nd prize.

Lots of gardening and landscaping has been taking place. You may have noticed a new flower garden along our fence line and a new rock feature around our stepping stones. The children are always eager helpers with weeding, planting, watering as well as moving rocks and dirt in wheel barrows.

Two of our most popular areas this term have been the digging patch and the mud kitchen. The children have enjoyed adding water to these areas as a way of keeping cool on hot days. We saw rivers and dams being created in the digging patch with the addition of boat races down water pipes. The mud kitchen was turned into a potion station, full of interesting remedies and cooking sensations. It has been amazing to witness the children's ideas, teamwork and creativity in these spaces.

The Amaroo Cafe has been a wonderful gathering point where children are able to experience small social connections with our progressive morning tea format and large class discussions during lunchtime topics from teachers.

During music time we discussed frogs and bumble bees. Explored different musical genres including classical music and rap music. Enjoyed musical games with our parachute. Discovered and played new and familiar musical instruments guiros and shakers. Our favourite songs were, "Oh bumble bee" 🐝 Libby Loo (Spotify) "5 little speckled frogs" 🐸 Shikita even made a class set of bubble bees with her clever crochet skills. The children were able to use the bumblebees as props during music and a relaxation tool during zen.

Our Zen Den has been a popular place for children to slow down and take a break after lunch. Children have been guided through different breathing techniques like rainbow breathing, volcano breath and Take 5. Meddy Teddy has been giving us yoga stretching challenges and Kiera has been taking us through guided meditations. Therapy children have enjoyed finishing their zen den session with mindful listening of the singing bowl and exploring mindful taste with a nice cool ice block.

We had a very special visit from the Muswellbrook Council. Mick Brady was able to bring along the sustainability puppets. Max, Gene & Reese as well as a garbage truck. Mick helped us learn about recycling and sustainability.

We had fun exploring big books and new and familiar group games with Tavia in the afternoon time. Some of our favourites have been, treasure hunt, duck, duck goose and egg and spoon races.





Coming up in Amaroo in Term 2...

Sustainability will be brought to life with interesting stories and fun puppet shows.

Investigating Autumn and the changing of seasons. 🌳

Paddock to plate - Using Amaroo produce in our cooking and mindful tasting experiences.

Cooking with fire 🔥

Nature play 🌿

Loose parts play & working with tools 🛠️

Musical games and songs 🎵

Mindfulness using our senses 👁️ 🧠



Mother's Day

Thank you to all the wonderful mothers, grandmothers, and special mother figures who joined us for our Mother's Day Evening Celebration. Your presence truly made the night feel special. We hope each of you enjoyed the evening and that your Sunday was filled with even more love, joy, and moments with the people who matter most.

