

Preschool is an exciting time for our little people and their families! We send a very big, and 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 18 years and have been a proud member of the Muswellbrook community since childhood. I enjoy living in Muswellbrook with my husband Ian and my two daughters Jade, 19 and Kayla 14, 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!

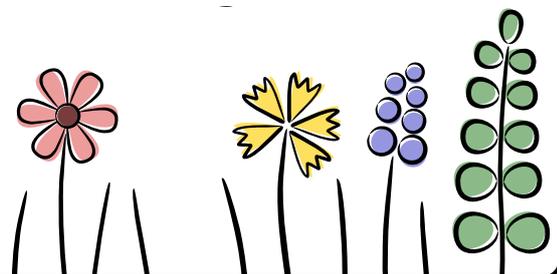
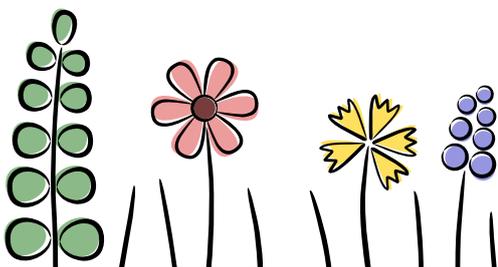
We are looking forward to a great year. The start of a new preschool year is an exciting time for children and families. Whether your child is joining us for the first time or returning for another year of fun and learning, these first few weeks are all about building confidence, forming friendships, and settling into new routines. At preschool, children learn through play—exploring materials, asking questions, and discovering the world around them. You may notice your child coming home talking about new friends, favourite activities, or songs they've learned. These moments are more than just fun; they help children develop language, social skills, independence, and a love of learning.

To support a smooth transition:

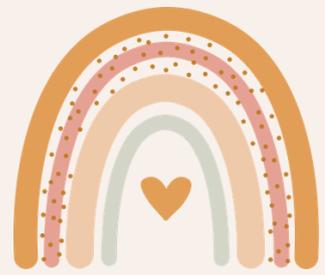
- Establish consistent routines at home, especially around morning drop-off and bedtime.
- Talk positively about preschool and the exciting things your child will do each day.
- Celebrate small steps, whether it's a new skill, a brave moment, or a story they're proud to share.

We're thrilled to partner with you this year. Together, we'll help your child grow, explore, and thrive. Here's to a wonderful year ahead filled with curiosity, creativity, and joyful learning.

Kelly 😊



# STAFF 2026



Director: Kelly Constable

Admin: Tanya, Lee, Bronwyn, Sara, Emma, Carly

Educational Leaders: Sally, Raelee

Teachers/Room Leaders:

Shannon, Barbara, Kristen, Sabrina, Victoria, Raelee, Sally, Nicole, Kiera, Lauren

Educators: Aleesha, Jami, Mel, Lacey, Kylie, Bella, Tiffany, Rachelle, Cassie, Nicole.W, Amber, Karen, Miyah, Kristy, Chelsea, Jenn, Angela T., Kate, Wendy, Charli, Karissa, Bev, Brydie, Jade, Jay, Mell, Shikita, Tavia, Bianca, Abbey, Angela. C, Alysha,

Trainees: Ruby

School Based Trainees: Keira, Kiara, Liberty

Cleaning: Hayley, Kathy, Tania, Sabrina

Gardening & maintenance: Philip





## 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, clothes, water bottle and lunch box.

Please also pack and label spare clothes

### Reminders from Office

- Fees: Paper copy of full invoice will be sent out every term. Payment can be made by direct credit to our bank account or pay at the office.
- Clothing available to purchase; T-shirts and Polo Shirts \$18, Jumpers \$20
- Second hand clothing also available.

### Term Dates 2026

Term 1- Mon 2<sup>nd</sup> Feb - Thurs 2<sup>nd</sup> April

Term 2- Tues 21<sup>st</sup> April - Fri 3<sup>rd</sup> July

Term 3- Mon 20<sup>th</sup> July- Thurs 24<sup>th</sup> Sept

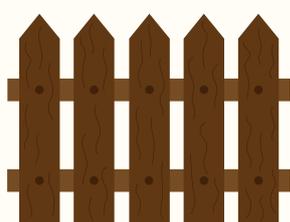
Term 4- Mon 12<sup>th</sup> Oct - Wed 16<sup>th</sup> Dec

### 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!!!!

### Gate Times:

Will remain unlocked each morning until 9:30am and will reopen each afternoon from 2:30pm. If you're dropping off or collecting outside these hours please, visit the Sowerby Street office for assistance.



### Office Hours

Daily 8:15am to 3:45pm





## Dyson Family Foundation Back Pack Pal Program

We are fortunate to be supported by the Dyson Family Foundation with their Back Pack Pal Program again this year. The Dyson Foundation is a not-for-profit organisation. This program provides food parcels in a discreet bag that can be placed into your child's back pack.

This parcel includes:

2 breakfasts

2 lunch/dinners

2 snacks

These can be provided weekly or as needed, free of charge and siblings of our preschool children can also receive a parcel as well.

If you think you would like to participate, please speak to your child's room leader. This program is discreet and confidential.

## 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 cupcakes, please talk to the staff in the classroom.

## Welcome Night



**Friendly Reminder**  
No smoking, No Vaping  
within 10 metres of  
Education Premises



Muswellbrook Preschool & Kindergarten at Hub

## CONNECTING WITH THE COMMUNITY

We are proud to continue our strong connection with the Muswellbrook Shire Council Sustainability Hub throughout this year. This partnership will again support meaningful learning experiences for children through excursions to the Sustainability Hub, the animal shelter, Denman Wetlands and Muscle Creek walks. The Sustainability Hub will also continue to support our preschool by providing sustainability resources and engaging programs, including National Tree Day in July, where trees will be provided for all our families. We value this important community connection and recognise the vital role it plays in helping children develop a sense of care, responsibility and connection to their local environment and community.

## UPCOMING EVENTS

MARCH

13<sup>TH</sup>

Easter Raffle Tickets Due

MARCH

31<sup>ST</sup>

Easter Hat Parade- 2pm for 2:15pm Start

MARCH

31<sup>ST</sup>

AGM 6pm- More info to come

APRIL

2<sup>ND</sup>

Easter Hat Parade- 2pm for 2:15pm Start

APRIL

3<sup>RD</sup>

Good Friday, Public Holiday

IT'S TIME TO HOP ALONG TO OUR PRESCHOOL

# \* EASTER \* HAT \* PARADE! \*

TUESDAY 31<sup>ST</sup> MARCH  
2PM FOR A 2:15PM START!  
PLEASE JOIN US FOR HOT X BUNS & CRAFT IN YOUR CHILDS ROOM AFTERWARDS!



IT'S TIME TO HOP ALONG TO OUR PRESCHOOL

# \* EASTER \* HAT \* PARADE! \*

THURSDAY 2<sup>ND</sup> APRIL  
2PM FOR A 2:15PM START!  
PLEASE JOIN US FOR HOT X BUNS & CRAFT IN YOUR CHILDS ROOM AFTERWARDS!



Dear Families,

As many of you know, our Easter raffle is underway, with the original plan for proceeds to support new children's resources. Recently, one of our long-standing and much-loved teachers has been faced with a significant health challenge, and her family is now navigating an incredibly difficult time.

Cancer does not discriminate in who it touches, and we know our community will join us in wrapping Kristen and her family in love and support. With this in mind, we will be redirecting all raffle profits to assist them during this period.

If you would like to make an additional cash donation, please feel welcome to pop into the office. Every contribution, big or small, will make a meaningful difference.

We would also be so grateful if families could help by selling as many raffle tickets as possible. Your support will go directly toward helping one of our own when it's needed most.

Thank you for your kindness, generosity, and community spirit.

Kelly



# Community Notice Board



Join us in  
2026

**UPPER HUNTER**  
physical culture club

Register now! Classes start February 17th!

- Tiny Tots from 2-4years  
All ages from 5 years to ladies
- Learn dance routines that are inspired by styles of dance and fitness from jazz, ballet, yoga and aerobics





Register Now

Chat to our club contact Ann Wagstaffe on 0448275771  
Email upperhunterphysie@hotmail.com



2026 Registrations NOW OPEN

MUSWELLBROOK NETBALL ASSOCIATION

Team registrations extend to 6<sup>TH</sup> MARCH

NOW OPENED:

- Player registrations - Ask your Teams Organiser to send your teams registration link to register.
- Net component of Woolworths NetSetGo registrations.

**EXPRESSIONS**  
SCHOOL OF DANCE

2026 ENROLMENTS OPEN NOW!



**Why Choose Us?**

- ✓ Qualified and Caring Staff (18+, WWCC & First Aid)
- ✓ Engaging and Age Appropriate Lessons
- ✓ A Safe and Nurturing Environment
- ✓ Competitive and Recreational Programs
- ✓ Holiday Workshops, Birthday Parties, Open Weeks & MORE

**What we Offer:**

- ✓ Tap, Jazz & Ballet
- ✓ HipHop & Acro
- ✓ Lyrical & Tech
- ✓ Cheer & Pom
- ✓ Competition & Private Classes

SCAN THE QR FOR A FREE TRIAL



Expressions School of Dance  
6 Common Road, Muswellbrook

0421 239 310

MUSWELLBROOK RAMS JUNIOR RUGBY LEAGUE

MUSWELLBROOK DISTRICT JUNIOR RUGBY LEAGUE FOOTBALL CLUB

NRL

- Mini / Mods Under 6's to U11's (mixed teams) - \$100
- Internationals / Woman's Tackle & GLT U12's to U16's - \$120
- Registration includes: Club Polo, Playing Shorts, Training Shorts & Socks
- Registration discount available for girls playing both woman's tackle and GLT. Message the club Facebook page for a discount code
- Download the MyLeague app or go to <https://profile.mysideline.com.au/register> to register
- Email the club [muswellbrookjuniorrams@gmail.com](mailto:muswellbrookjuniorrams@gmail.com) or message our Facebook page with any questions



**CALLING  
ALL 2-4  
YEAR OLDS**

**NOW  
ENROLLING  
TINY TOTS**

*Upper Hunter  
Physical Culture Club*



**ENROL YOUR LITTLE ONES NOW FOR OUR GORGEOUS  
TINY TOTS PHYSICAL CULTURE PROGRAM! MAKE NEW FRIENDS, HAVE FUN  
AND LEARN TO DANCE AT UPPER HUNTER PHYSICAL CULTURE CLUB**

BOOK NOW

[upperhunterphysie@hotmail.com](mailto:upperhunterphysie@hotmail.com)

CALL ANN - 0448 275 771



EXPRESSIONS  
SCHOOL OF DANCE

**READY TO  
GROOVE?**

Start your child's  
dance journey today!

**BOOK  
A  
TRIAL**



0421 239 310



[expressionsdance.com.au](http://expressionsdance.com.au)

**Hands up if you want to be a  
Junior Heeler**

**\$99 Rego Fee For All Ages**



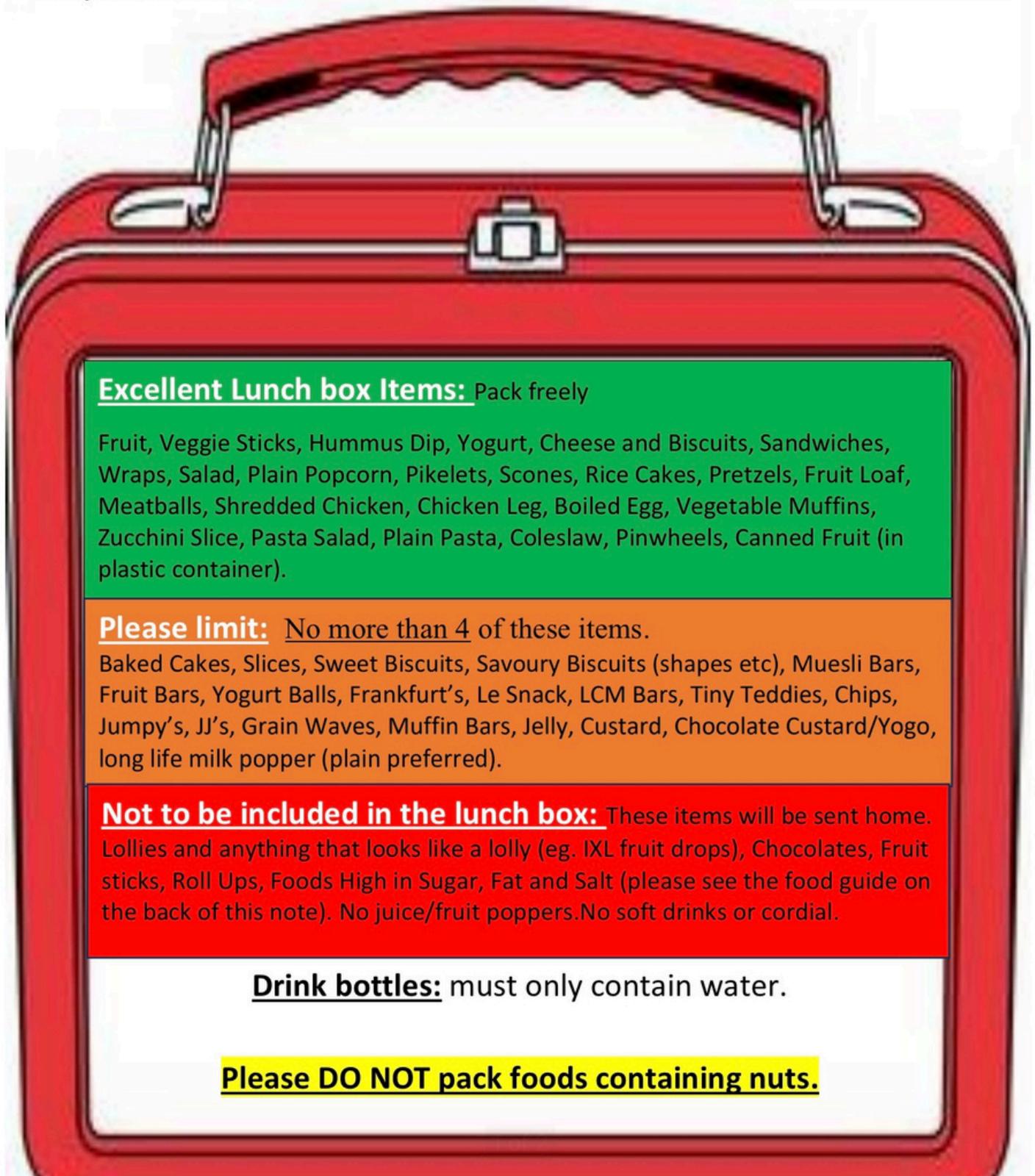
## Muswellbrook Preschool – Lunch Box Guidelines

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
<b>Energy</b>	<b>432kJ</b>	<b>1441kJ</b>
<b>Protein</b>	2.8g	9.3g
<b>Fat</b>		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
<b>Carbohydrate</b>		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
<b>Fibre</b>	6.4g	21.2g
<b>Sodium</b>	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.