

Muswellbrook Preschool Newsletter

February 2024



Welcome to 2024!

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.

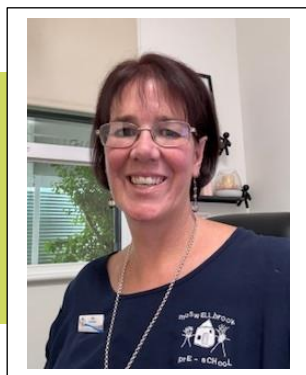
My name is Kelly Constable, I am the Director/Nominated Supervisor of the Preschool. I have enjoyed my role here for the past 16 years and have been a proud member of the Muswellbrook community since childhood. I enjoy living in Muswellbrook with my husband Ian and our 2 daughters, Jade, 17 and Kayla 12, who both attended Muswellbrook Preschool as youngsters.

I am very fortunate to have the capacity to both teach and fulfil my director's duties throughout the week. On a Wednesday, I am in Room 3 with the 2-year-old class, and on the other days you will find me in the office.

I am always happy to meet with you, 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.”

O. Fred Donaldson

LearningStationMusic.com



Staff 2024

Director/Teacher: Kelly Constable

Admin: Bronwyn, Tanya, Lee

Educational Leaders: Sally, Raelee

Teachers/Room Leaders/Amaroo:

Shannon, Kim, Logan, Barbara ,
Nicole, Kate , Kristen Sabrina

Educators: Heidi, Karen, Emma,
Corinne, Heidi, Amy, Sara, Bev,
Tahnee, Victoria, Wendy, Abbey,
Cassie, Jay, Abby, Carly, Kylie,
Angela

Trainees: Aleesha, Rachelle, Tiffany,
Bella, Jade, Annika.

Cleaning: Kathy, Maddie, Lisa

Term 1 – Important Dates...

Friday 22nd March – Muswellbrook Cup. All children to be collected before 12noon.

Friday 29th March – Good Friday – Preschool Closed

Monday 1st April – Easter Monday – Preschool Closed

Wednesday 3rd April – Preschool AGM, to be confirmed.

Friday 12th April – Last day of Term 1

Thursday 25th April (during school holidays) – ANZAC Day – Preschool to march in parade.

Monday 29th April – Pupil Free Day – NO Preschool

Tuesday 30th April – First day of Term 2 for children

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

- Lunch Box – Morning Tea, Lunch and Afternoon Tea – please see the “Red Lunchbox” page in this 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.

Office Hours

Daily 8.15am to 3.45pm



Muswellbrook Pre School has a Facebook page you can like and share. We like to post articles of interest, reminders, and general information.

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.

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.

Preschool Fees Information

Fees for Preschool are charged at a weekly rate. Public Holidays and School Holidays are not charged for; however, all other absences are. All accounts must be kept up to date and no child will be able to commence the next term until the previous term's fees have been finalised. If fees fall into arrears of more than 2 weeks at any stage, your child will not be able to be signed in or stay at Pre School until your account is up to date.

We have a parent library...

Did you know we have a parent library available in the Preschool office for parents to borrow? We have several books available, and we are adding to these all the time. Pop into the foyer and browse the wide range of titles available for loan!



Exclusion Periods Explained

We like to minimise the chance of spreading infection in every way we can, so please keep your child home until they are well. Children can NOT attend for the following length of time if they have:

Vomiting/Diarrhoea – 48 hours **AFTER** their last 'episode'.

Pain relief – 12 hours after last dose of pain relief.

Antibiotics – 24 hours after treatment has started.

Cold/Flu – until well and can fully participate in day-to-day activities.

Incidents while at Preschool...

Children will, from time to time have an accident while at preschool that will require a 'Accident/Illness/Trauma' form to be completed. These forms will be sent to you via the OWNA app for you to read and sign.

Please know that if staff are concerned with your child's accident, they will contact you via a phone call BEFORE you get the accident report. If the accident is minor and your child has returned to normal preschool activities, you will just receive the OWNA notification. If at anytime you are concerned, please phone the office and we will put you through to your child's teacher.

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.

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!

SCREEN TIME: Recommended limits for kids

UNDER 2 YEARS OLD

Zero screen time, except for video chatting with family or friends

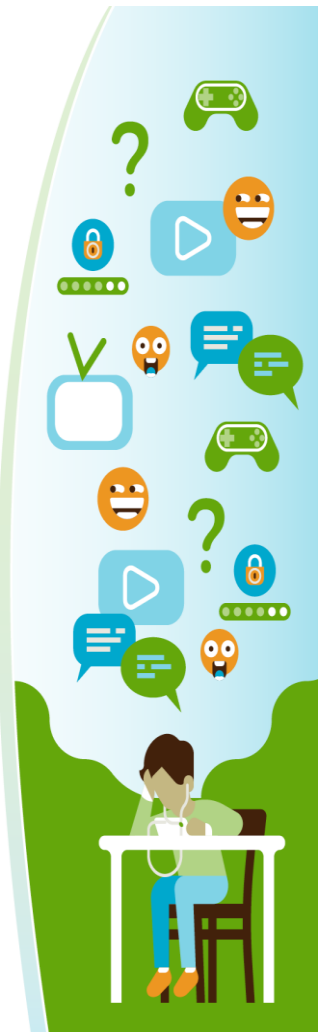
2-5 YEARS OLD

No more than one hour per day co-viewing with a parent or sibling

5-17 YEARS OLD

Generally no more than two hours per day, except for homework

 OSF HEALTHCARE



Lunch box pizza pinwheels

MAKES 12 • PREP 0:05 • COOK 0:15

This recipe is: **Snack, Kid friendly, Lunch box, Soy free, Italian**



These tasty little pizza-flavoured pinwheels couldn't be easier. Simply roll, slice, then pop in the oven for a delicious lunch box filler.

Ingredients

- 1 sheet ready-rolled puff pastry just thawed.
- 1/4 cup pasta sauce or passata
- 1 cup grated pizza cheese.
- 4 slices leg ham

Method

Preheat oven to 200C/180C [fan-forced](#).

Spread pastry with pasta sauce or passata. Sprinkle evenly with half the cheese. Place ham in a single layer on top of cheese. Finish with remaining cheese.

Beginning with the edge closest to you, roll pastry into a firm roulade. Slice the roll into 12 even pieces and place them flat on an oven tray lined with baking paper. Bake for 12-15 minutes until puffed and golden. Allow to cool slightly on the tray.