

NEWSLETTER



Term 4 – Important Dates...

Wednesday 4th December –
Christmas Disco and Mini fete.
More details shortly.

Wednesday 18th December –
Children's last day at preschool.

2025 – Important Dates...

Term 1, 2025

Tuesday 4th February – Children return
to preschool.

A note from the office...

**All accounts must be finalised by
15th November unless you have
your fees direct debited weekly,
fortnightly or monthly from your
account.**

Banking details:

**Muswellbrook Preschool
Kindergarten**

BSB No: 062581

Account No: 00801090

Ref: Your child's name

Thank you

Re Enrolments are now overdue.

Please return your membership form and secure with your membership
of \$80 as soon as possible to secure your spot.



Have you seen our recent posts on
Instagram: mbkpreschoolkindergarten
Facebook: Muswellbrook Preschool Kindergarten





We are excited to announce that we are taking part in the Early adopters of the Aboriginal Cultural Safety Framework program in consultation with the Department of Education.

The Aboriginal Cultural Safety Framework identifies 5 core needs for Aboriginal children, their families and communities to feel safe while participating in early childhood education and care. They also support all children to develop a richer knowledge of Aboriginal and Torres Strait Islander cultures, histories and perspectives.

Written from the perspective of Aboriginal children, the core needs are:

1. *My language, community and Country are known, honoured and cared for.*
2. *Building trust and culturally safe relationships is important to me and my family.*
3. *My culture is seen, heard and valued.*
4. *My peoples' ways of knowing, doing and being are reflected in your values.*
5. *Your policies are designed with my people.*

Emergency drills.

In line with our policies and procedures and regulations, Emergency drills are regularly practised to help ensure that all children and staff are familiar with their roles and duties in an emergency in a safe and controlled environment. This helps to reduce panic and inappropriate decisions, such as hiding from danger.

Debriefing and reporting on each drill allow us at the preschool to identify what went well and what could be improved.

Do you practise emergency drills at home?

Please remember to pack a SPARE SET of clothes

As summer is upon us, please remember to pack a FULL set of clothes for your child. During term 4 the children have water play.

It is very important that you label **ALL** your child's belongings clearly with their name.



Amazing News...

We have received news that we have won the Eco Story competition

Our beautiful Eco story competition entry, as a part of Muswellbrook Sustainable Futures Network run by Muswellbrook Shire Council. This project has been assisted by the NSW Government through its Environmental Trust.

The artwork was compiled using recycled materials sourced. Lisa, our artist collaborated with us to have the children create pieces on the artwork and to be included in the process.

Our Eco story...

The artwork depicts our journey from beginning to now and into the future through our natural environment. We started with limited native flora and fauna and as we have moved through time, we have worked with our children and families to create a beautiful inviting natural habitat. This allows for our flora and fauna to flourish within our preschool. We now have many animals including lizards, birds, native bee's butterflies, insects etc that allows our children to discover and explore natural, sustainable environments that have been created with the children along this journey and will continue into the future.



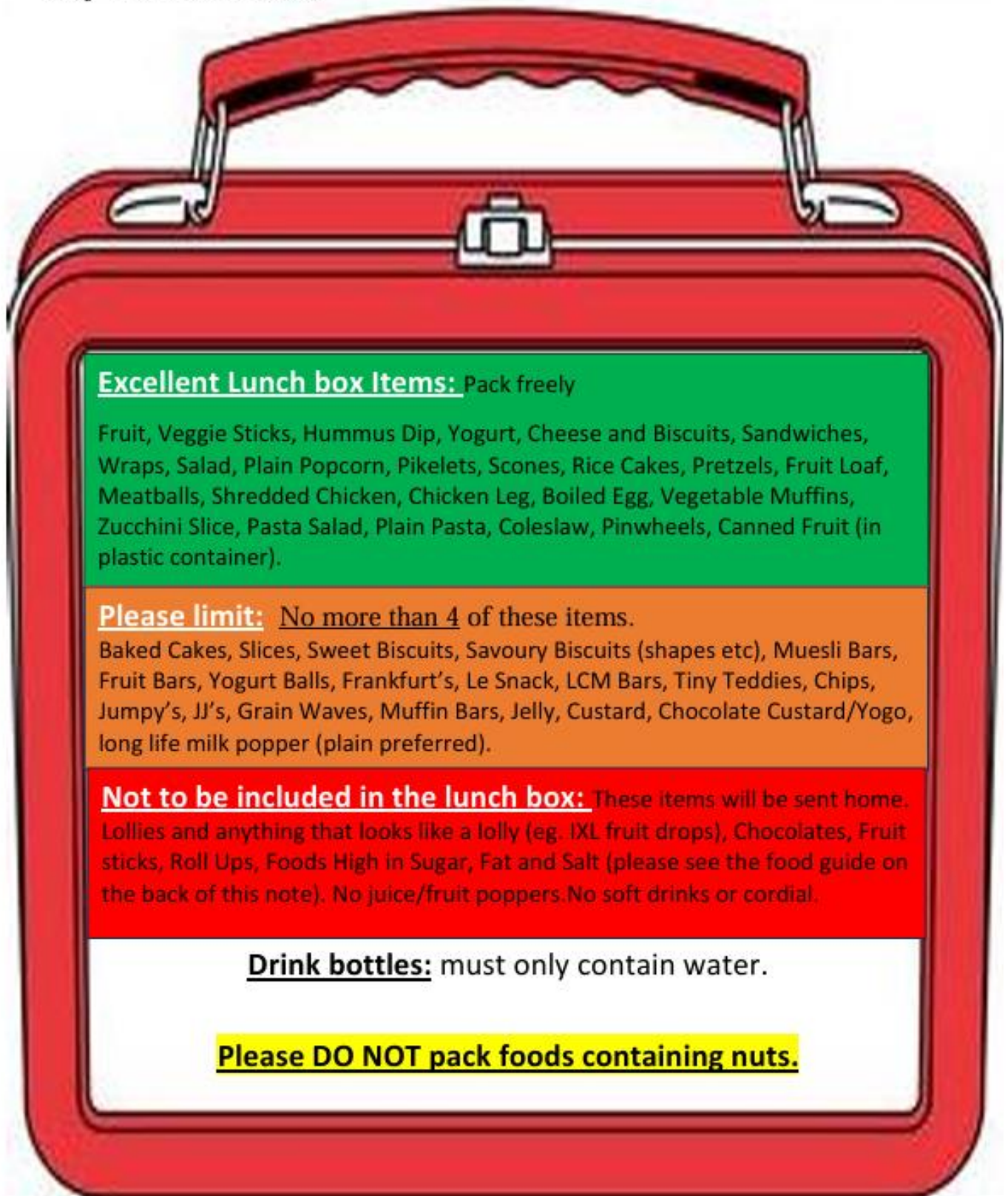
Muswellbrook Preschool – Lunch Box Guidelines

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.



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.

Banana pikelets

★★★★★ (0)

Preparation time: 10 minutes

Cooking time: 10 minutes

Makes: 12 pikelets

Vegetarian, Nut free

Easy to freeze

Quick and easy

5 steps or less



Ingredients

1 cup wholemeal self-raising flour, sifted
½ tsp baking powder
1 banana, mashed
2 tbsp honey, warmed
¾ cup reduced-fat milk
1 egg
Olive oil

Savvy swaps

You can swap:

Honey	➕ Sugar
Banana	➕ 1/2 cup fresh or frozen berries

Tips

Nutrition tips

- Bananas provide folate. Folate helps reduce tiredness.
- The bananas and wholemeal flour provide a fibre boost. Fibre is good for your gut.
- To boost the fruit content, add ½ cup sultanas to the mix before cooking.

Reduce waste

- This recipe is a great way to use up bananas that are over ripe.
- You can freeze the pikelets in a single layer for up to 2 months. Put greaseproof paper between each layer.

Budget tips

- Buy 'Odd Bunch', 'I'm Perfect' or 'Imperfect Picks' bananas to save money.
- You can save money by using home brand flour and milk.

Method

Step 1

Place the flour and baking powder in a large bowl and make a well in the centre.

Step 2

In a separate bowl, mix together the banana, warm honey, milk and egg.

Step 3

Add the wet mixture to the flour a little at a time and mix until smooth.

Step 4

Grease a non-stick frypan with a little olive oil or margarine and heat over a medium heat.

Step 5

Add tablespoons of the batter to the pan and cook in batches for 2 minutes or until bubbles start to appear on the surface. Flip and cook for a further 1-2 minutes or until golden.

Serving suggestions: Serve with a drizzle of honey, yoghurt & fresh strawberries or spread with cream cheese to make a 'sandwich'.