

Security at Preschool

Please remember to shut the front gate, classroom doors and the side gate as you come in and as you exit. We need to keep our children safe and as you would know our 3-5 year olds can be very quick off the mark. We also need to be mindful of the security implications. Thank you for your consideration.

As an added security measure please **DO NOT** tell your children the security code! We have had children let themselves out of the preschool gate as they know the code. This could potentially be very dangerous, and is also costly as we need a locksmith to change the codes.



Forms were sent home for all children that will be attending Kindergarten next year and would like to participate in the Steps eyesight testing. Forms are due back by the 1st July 2020 to the Office or your child's Educators.

Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



MAKE WATER YOUR DRINK
PACK ICE BRICKS TO KEEP FOOD COOL
USE A THERMOS TO KEEP FOOD WARM



This resource was developed and designed by the Health Promotion Services, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Illawarra Shoalhaven Local Health District.

Munch and Move Program

It is important to offer your child healthy snacks. Young children can more easily meet their nutrition needs if healthy snacks are offered between meals. Staff are noticing that lollies and chocolates are being packed in lunch boxes and we ask that these foods please remain a home option.

Easy and healthy snack ideas include-

- Fresh, frozen, canned or dried fruit
- Plain or fruit yoghurt
- Rice paper rolls
- Hummus with pita bread or bread sticks
- Small fruit muffin
- Custard
- Corn or rice cakes
- Vegetable sticks with dip
- Wholegrain crackers with cheese

Tips to encourage healthy snacks- Set limits on the number of unhealthy snacks (including packet snacks such as potato chips, muesli bars and biscuits). We understand the convenience of these snacks but please understand that these snacks are treats and not everyday foods.



TERM 2—2020

www.rainbowpreschool.com.au

Weeks: 9 + 10



The Management Committee have waived preschool fees for Term 3

The Management Committee understands that with COVID-19 families may be finding this time troubling and uncertain. The Management Committee are able to offer waived fees again for Term 3 for all our sessions. We hope this provides families some relief for this term. This does not include the use of extended hours and these will still be invoiced at the end of Term 3. Families wishing to continue to make payments are able to do so. Any questions please contact the Office on 8087 2122.



Last day for Term 2 is Friday 3rd July
First day for Term 3 is Monday 20th July

Happy Birthday to the following children who will celebrate a Birthday during weeks 9 & 10.

- ☆ Asta W 23rd June
- ☆ Acacia B 24th June
- ☆ Lily O 25th June
- ☆ Rome F 28th June
- ☆ Jacob C 1st July
- ☆ Kynan S 3rd July



NSW Health Update Gastroenteritis

Children should be excluded from attending the facility (Rainbow Preschool) for at least 48 hours after their symptoms have ceased.

Please refer to the website for further information.
<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/gastroenteritis-outbreaks.aspx>

Spare Clothes

Please ensure you pack a full set of spare clothes in your child's bag everyday. This should include **socks** and **underwear** for outside play. Please also ensure that all your child's belongings are labelled.