

## Staff Profile



### Nicole Clark - Educator Yellow Room

A few years ago I decided to take the plunge and make the change to a career that I have always wanted, working with children. I have worked at Burke Ward Primary School as an SLSO. I have also ran my own Family Care Business. This journey has led me to be a part of the Rainbow family and part of a wonderful and dynamic team.

I believe that every child deserves to feel that they belong, are safe and happy. I want to provide children with experiences that are interesting, satisfying and fun. I would like children to love to learn!

## Effects of too much screen time

- Your posture can get worse.
- Your eyesight can deteriorate.
- You can strain your wrist, thumb and elbow.
- You can have problems with your sleep.
- Your social skills can suffer.
- Your body can store more energy than it uses.

## How long is too long?

It is recommended that you spend no more than two hours each day on the computer, small screen games or watching TV. Long periods of use should be broken up as often as possible.

## The facts on TV

- Children who watch TV for more than two hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to take part in sport or physical activity.
- 92% of students aged 12-17 years watched television, used the internet, or played computer games for more than two hours a day.
- Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.

Kids and teens who watch TV are more likely to snack on foods that are high in sugar, salt or saturated fat.

## Parking at Rainbow

For the safety of all children, please do not park or wait in the "no stopping" zones opposite the preschool.

**Happy Birthday** to the following children who will celebrate a Birthday during weeks 4 and 5.

- ☆ Kara M 11th May
- ☆ Bodhi W 18th May



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### Holly Magookin - Educator Railway Town and North Preschools

My name is Holly and I luckily began working at Rainbow just after my work placement at the North Mobile Preschool. I have worked in the Blue and Red Room and have been transitioned to working at the two mobile services. This has been a wonderful experience as I have worked with many wonderful people throughout the service during my short time at Rainbow. I am now lucky enough to have been given an opportunity to step into a new role at Railway Town Rainbow as Room Leader and I am very excited to see what this year will bring.



TERM 2—2021

# Rainbow News

[www.rainbowpreschool.com.au](http://www.rainbowpreschool.com.au)

Weeks: 4 & 5

Thank you to all who were able to attend our Mother's Day Morning Tea, we enjoyed a little bit of sunshine and a nice hot cup of tea or coffee with some yummy cakes. Over \$200 was raised. Photos of the morning have been added to our website—address above. A big thank you to all who were able to help on the day.

## Maths and Science Family Workshops

We would like to invite all of our families to join us for our first Maths and Science Family session for 2021. This will be held at Rainbow Preschool on Monday 24th May 9.00am to 10.00am.

This morning is designed to enhance children's mathematics and science knowledge. It also provides educators with the opportunity to share their knowledge and understanding about planning and programming mathematical and scientific experiences for children in everyday learning environments with families.

These sessions are a lot of fun and every family that has attended in previous years provided lots of positive feedback on the session and on how different activities and experiences were transferred into the home environment.

Due to Rainbow Preschool's COVID Risk Minimisation plan we ask that only 2 persons per child can attend the workshop. We ask if you are feeling unwell or have any cold/flu like symptoms please do not attend. You must hand sanitise and QR code on entry. Social distancing must be adhered to at all times.

## 2021 Rainbow Preschool AGM

An invitation is extended to parents and caregivers that are **members of the Rainbow Preschool Association** to attend Rainbow's 2021 Annual General Meeting. Rainbow Preschool is run by a management committee and provides an opportunity for you to be involved in your child's education. Without a committee Rainbow Preschool is unable to continue operating. We need your help and support to ensure that the preschool remains a vital part of the Broken Hill community.

To find out more information please contact the Office on 8087 2122.

**Date: Thursday 20th May 6.30pm at Rainbow Patton Lane**

Australian Library and Information Association | SCHOLASTIC | LIANZA | #NSS2021 #1MillionKidsReading

# National Simultaneous Storytime ...from space!

## Give me some Space!

PHILIP BUNTING

Wednesday 19 May 2021 [www.alia.org.au/nss](http://www.alia.org.au/nss)

Proudly supported by Australian Government Office of the Chief Scientist | Australian Space Agency

**Queen's Birthday Long Weekend — Monday 14th June. There will be no school.**