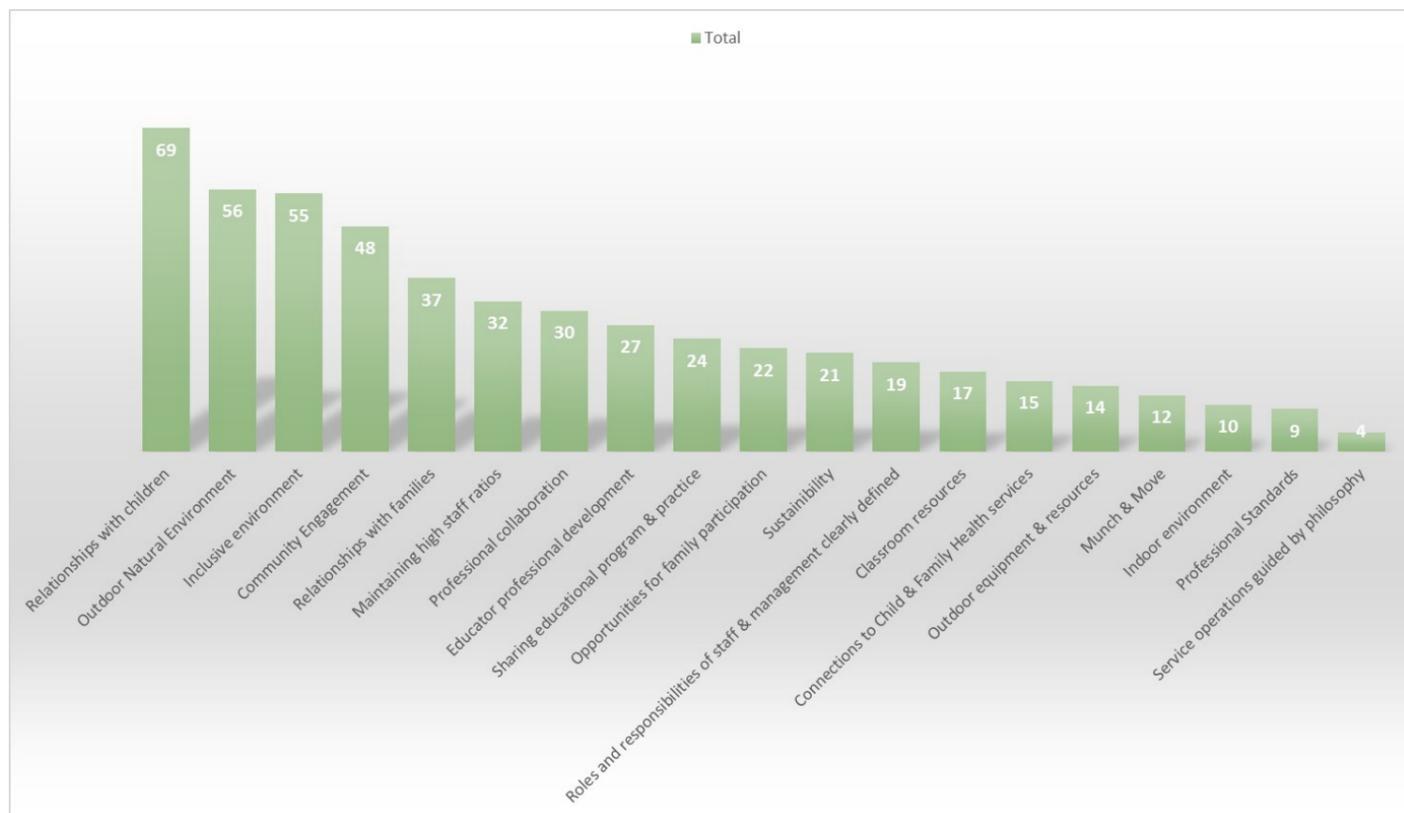


Priorities for Rainbow Preschool Staff & Families – Aug 2019



We have been asking families and staff to have their say in what they feel is important at Rainbow, and the above is a graph of these results. We will be using this information to help us with future planning and programming. Thank you to everyone who contributed.

WATER—How much to drink?

The recommended daily amount of fluids is:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.



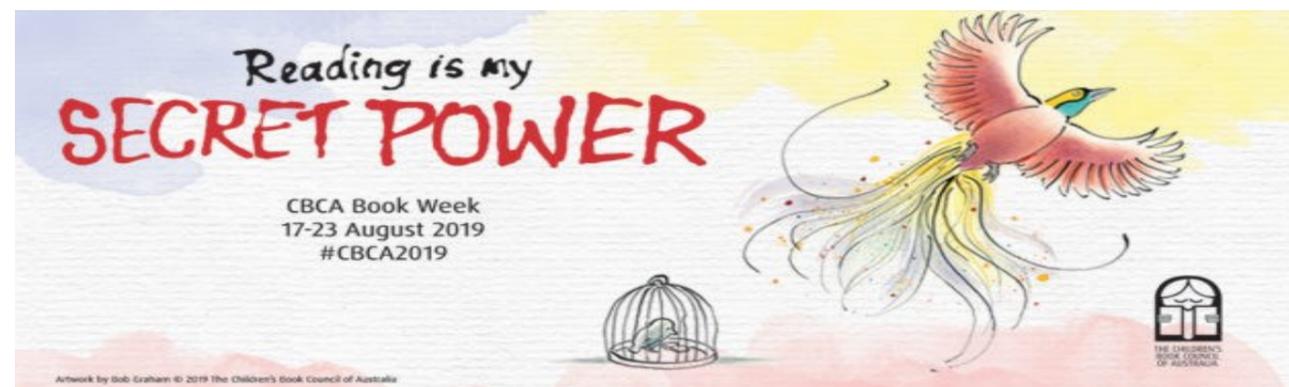
Hints to help you drink more water

- Pack a water bottle whenever you go out.
- In summer, put a frozen water bottle in your lunch box.
- Keep a bottle of cold water in the fridge in summer and drink warm water in winter.
- Water down juices, sports drinks and cordials.
- Use smaller glasses when drinking sugary drinks.



Book Week

To help celebrate Book Week we have been invited to visit the Town Library to participate in a book reading, library promotion and craft activities. We will catch the bus to and from the library. This year's theme is "Reading is my SECRET POWER", and children are welcome to dress up. A permission note including all the information around the excursion will be placed in files shortly. We will be asking for parent helpers on the day to maintain a one adult to four child ratio. If you can help on the day it would be very much appreciated. Monday 19th Aug—Red & Yellow 3 day groups & Green 2 day group. Tuesday 20th Aug— Railway Town. Thursday 22nd Aug—Red & Yellow 2 day groups. Friday 23rd Aug—North. Although the Blue Room will not be attending the library, they are welcome to join the Book Week festivities by dressing up on Thursday 22nd August.



Farewell

We would like to take this opportunity to say farewell to one of our Educators—Bec Black. Bec has worked in the Yellow Room for the last 3 years and has accepted a position with the Environment Protection Authority. She will be sadly missed, but you may still see her around the place from time to time as her son attends Rainbow. Renee Zammit will be taking over from Bec on Monday, Tuesday & Wednesday and we would like to welcome Tamyka Smith to the Yellow Room team on Thursday & Friday.

Stay and Play

Education Week will be celebrated Aug 5th to 9th in NSW public schools and Rainbow would like to take this opportunity to invite families, parents and caregivers to take part in our 'Stay & Play' Week, a time to play with your child, their friends and the educators.

We welcome you to Stay & Play. Open Centre times will be Mon – Fri from 9:00 – 11:30am and 1:30 – 3:30pm.

We look forward to seeing you.

Term 3 last day Friday 27th September. Term 4 commences Monday 14th October.

School Enrolment 2020

If your child is starting Kindergarten in 2020, please see your zoned school for all enrolment information and forms.

Re-enrolment 2020 Rainbow

2020 Rainbow Preschool Application for Enrolment forms have been handed out by your child's classroom educators. Please complete these and return them to the Office asap. Please indicate your choices in preferential order, numbering them 1, 2 & 3. While every effort will be made to give first preference—it may not always be possible. We thank you in advance for your understanding.

Keeping Children & Staff Well

Please keep your child home if they are not well, as sending them to preschool puts other children and staff at risk of also becoming sick. Children are not the best judge of whether they should or shouldn't be at preschool. Panadol & Nurofen just mask symptoms for a few hours, but do not stop or get rid of the infection. Even if your child asks to go, please keep them home. Relief staff can be very difficult to find and we do not want to get to the point where classes are cancelled due to an outbreak of illness which could have been prevented by keeping sick children at home. If your child has any gastro like symptoms please keep them home for at least 48 hours from the last loose bowel motion/vomit as per Health Protection NSW October 2017. If you have any questions regarding this, please do not hesitate to contact the Preschool.



Fees

Term 3 fees have been issued via e-mail and a paper copy put in your child's file. Please see Noeline in the Office if you have any queries regarding fees. **All fees are due by Friday 9th August 2019**, unless a payment plan or Centrepay has been set up.

Direct credit details: **BSB: 012 551 Account: 2098 69276 Ref: Child's Name**

Professional Development

Each fortnight our Educators benefit from an opportunity to participate in Professional Development / Reading. Various topics are explored and discussed. Our latest topic is -

Be You - Mentally Healthy Communities, Part 1—Understand.

This deals with the key concepts of child and adolescent development, mental health and wellbeing, risk and protective factors, and why these are important to our roles.



Staff Profile



Michelle Gulle—Educator Blue Room

I have been an educator at Rainbow Preschool since 2016. I work in the Blue Room on Wednesday, Thursday and Friday. I have a Certificate III in Early Childhood Education and have worked in preschools and kindergartens for many years. I am thankful for the opportunity to work with great staff and wonderful children and enjoy learning new things every day.



Richelle Jones—Educator/Room Leader Green & Blue Rooms

I have been working at Rainbow for 8 years, time flies when you're having fun!! I have my Diploma of Children's Services, have worked my way up to Room Leader of the Blue & Green Room and am currently studying my Bachelor of Early Childhood & Primary Education. I love working with children in these most fundamentally important years and setting the scene for them to be able to develop into the best version of themselves. Being able to teach them to manage their emotions, cope with change & interact with others respectfully, will enable them to do amazing things in the future.

Readiness for School

Parents can help their children be better prepared for school by strengthening the many life skills that build social and emotional competence before they start school through encouraging play in all its forms in as many different contexts as possible.

Children who start school with known friends are at an advantage too as friendships smooth many of the early fears of starting in a new environment.

Early years educators can also help with decision-making. These are the guidelines they use in determining readiness:

* **Physical Health and Wellbeing** – especially fine motor skills – good health, well fed, well rested, sitting, listening skills, able to grip a pencil, turn pages in a book, build with blocks, able to toilet themselves, feed themselves, dress themselves, some degree of focus to task, blow nose, wipe bottom, wash hands

* **Social Competence** – primary need is to be able to get along with other children, cope with stress of new situation and new learning tasks, have healthy assertiveness, ability to play solo and with other children, have pro-social behaviour

* **Emotional Maturity** – some ability to self-manage their emotions, be able to cope with minimal adult contact in large groups, develop friendships, able to separate from parents

* **Language and Cognitive Skills** – basic counting, follow basic instructions, basic thinking skills

* **Communication Skills and General Knowledge** – basic conversation skills, manners, ability to communicate needs, understanding of wider world

* **Independence** – For children with special needs – can they have additional support?

Starting school is a very big step in a young child's life. This is why it is so important to carefully consider whether your child is really ready for school. If you are unsure whether to send your child or have any queries or questions, please do not hesitate to talk to the Educators in your child's room. We will do our best to help you out or we will direct you to someone who can.

