Welcome to Salisbury Heights Preschool for 2016. We look forward to sharing this year with you and your child. We hope everyone had a great holiday and that you are looking forward to the year ahead. Thank you to those families who cared for Bob our tortoise during the holidays.

Our first week has been busy with everyone getting to know each other and settling in. As you are aware each child has been allocated to one of our small story groups - kangaroos (Phil), echidnas (Lyndall), possums (Gaynor) or wombats (Jill). Group times are at 10.00am and 12.00noon and during this time the children work with an educator, enjoying a story and follow-up activity which may have a literacy, numeracy, wellbeing, problem solving, etc focus.

At other times during the session all educators work with all the children. Maxyne (Mondays and Tuesdays) and Felicity (Wednesdays and Thursdays) cover for non-contact time and lunches and also work with the small groups during these times. Felicity also works with the children while Phil is involved in leadership/management duties, meetings, etc on other days.

Don’t forget: For their full days of preschool the children will need:

- Morning snack - fruit, vegetables, yoghurt or cheese only
- Afternoon snack - fruit, vegetables, yoghurt or cheese only
- Water bottle (optional)
- hat

• At the beginning of session the children's lunches can be placed in the coloured tubs which will be on the wooden table on the verandah. Children in the kangaroo group use the green tub, children in the possum group use the red tub, children in the wombat group use the purple tub and children in the echidna group use the blue tub.

• Snack foods need to remain in their bags or in the fridge. Please do not put snacks or drink bottles in with the children's lunches.

If your child is finding the full day at preschool too tiring in the early weeks of term, please speak to one of the staff. Likewise we will talk to you if we notice someone feeling tired or having difficulty. At the end of the day our session finishes at 3.15pm. However if you need to pick your child up early to accommodate your child's needs or school pick-ups there is no problem - just let us know.

The children are enrolled to attend for 2 full days and a 4 hour session on alternate Fridays. If your child will not be attending on Fridays, please let us know, so that we can update their enrolment details.

The Monday/Wednesday children will attend on the 1st, 3rd, 5th, 7th and 9th Fridays of term from 8.45am to 12.45pm. The Friday dates for term 1 are 5th & 19th Feb, 4th & 18th Mar, 1st Apr.

The Tuesdays/Thursday children will attend on the 2nd, 4th, 6th and 10th Fridays of term from 8.45am to 12.45pm. The Friday dates for term 1 are 12th & 26th Feb, 11th & 18th Mar, 8th April.
To keep up to date with what your child will be doing at preschool don’t forget to check the Learning Program noticeboard on the verandah.

A newsletter will be distributed every fortnight via the communication pockets. The purpose of this newsletter is to keep you informed about the things happening at preschool. Please take the time to read the newsletter so that you know what is happening.

The term dates for 2016 are:

Term 1: Monday, 1st February – Friday, 15th April (Easter 25th - 28th March)
Term 2: Monday, 2nd May – Friday, 8th July
Term 3: Monday, 25th July – Friday, 30th September
Term 4: Monday, 17th October – Friday, 16th December

Can you help?

- The children are welcome to borrow a library book every day. Please record books borrowed on their library card. Please return the book before borrowing another. On Mondays and Tuesdays at the beginning of sessions story kits and science/discovery kits can also be borrowed. We rely on Parents to help with checking the returned story kits. Let us know if you are able to help. Enjoy some great stories with your child!
- We also need volunteers for washing the smocks, dressing up clothes, etc. We will approach Parents to help with this task. The washing is distributed on Fridays. If everyone is willing to help you will only need one turn during the year.
- Your help is always appreciated at the end of sessions. Please add your name to the roster on the noticeboard. In the afternoons we need help from 2.30pm.
- If you would like to help during any of the sessions or have a skill/interest you would like to share with the children, please speak to one of the staff. Some of the ways in which Parents can help are by assisting the children with the computers, cooking, reading stories, etc.
- From time to time we need help with covering new books with contact. If you are willing to do this, please let Lyndall know.

SCHOOL DENTAL SERVICE

Dental care is FREE for ALL preschool and most school aged children at School Dental Service clinics.

Your local clinic is located at:
Salisbury Community Dental Clinic
Hollywood Boulevard
SALISBURY DOWNS SA 5108
All babies, children and young people under 18 are welcome. First dental check-ups are recommended from 12-18 months
Please call 8250 9254 to make an appointment.

Lunch ideas:
sandwiches: shredded chicken with cheese & lettuce  tuna, corn & lettuce
cream cheese & grated carrot  vegemite and cheese
(try not to include sweet fillings in sandwiches eg jam, honey, chocolate spread)
a small cold slice of frittata  a homemade savoury muffin
1 or 2 slices of homemade pita pizza

Remember to make healthy choices when packing your child’s lunch.
Lollies, chocolates, chips, etc are 'sometimes foods' not for everyday.
Also please avoid fruit juice lolly-like snacks which pretend to be healthy.
Message from Susan Close – Minister for Education and Child Development:
Many parents and guardians like to volunteer to support their child’s learning.
To make it easier for parents and guardians to volunteer their time, the Department for Education and Children Development has updated its relevant history screening policy and procedures.
As a result, parents and guardians who volunteer to directly support their child will no longer require a relevant history screening.
This will mean many of our volunteers can help out sooner.
A screening is still necessary for parents and guardians who are volunteering at school camps and sleep overs, as well as hosting billets and homestay students.
As has always been the case, a screening is not needed to attend single events or activities at our preschool. These include events or fundraisers.
Screenings are just one measure used to keep children safe. Everyone who works with children plays a part in child protection, including watching out for inappropriate behaviour.
Find out more about relevant history screening and keeping children safe at www.decd.sa.gov.au
If you have any questions about screening or these changes, please speak with one of the preschool staff.

Independence
As children grow and their skills develop they are able to become more independent.
Independence involves not only having the skills to attempt/complete a task, but also the belief in self (I can do this) When given the opportunity to complete tasks children are building their view of themselves as effective, successful and responsible individuals (rather than passively accepting/expecting things to be done for them). Sometimes in our busy lives it is quicker/easier to do things for children rather than allowing them the time to learn/practice new skills. Initially they may only be able to complete part of the task, but if they feel successful about this and are given recognition, then soon they will want to try the next step.
So next time your child asks you to put on their shoes and socks - give them the chance to become independent - they can do the socks (if shown how) and you can do the shoes!
Or when arriving at preschool your child could place their lunch in the tub and hang up their own bag!

Salisbury Heights Preschool Policy information:
The preschool has a number of policies and procedures, copies of which are available on our website (www.salisburyhkgn.sa.edu.au) and also in the policy folders and CDs in the Parent Library (above the children’s library). Policies include Nutrition, food and beverages, Sun Smart, Hot weather, Water safety, Emergency first aid, Illness and infectious diseases, Health and hygiene, Toileting, Anaphylaxis management, Asthma, Medication management, Emergency procedures, Collection of children, Excursions, Volunteers, Site behaviour code and Raising and resolving concerns policy + Parent Guide. Please speak to one of our educators if you would like further information or to discuss any of these policies and procedures.
There are also Department for Education and Child Development policies and procedures which we follow. General Department policies are available at www.decd.sa.gov.au .
In addition there are also specific requirements under the Australian Children’s Education & Care Quality Authority on the Department Intranet site which can be accessed on our preschool administration computer, which we are happy to make available to you. Please speak to one of our educators.
The Australian Children’s Education & Care Quality Authority also has a website: www.ACECQA.gov.au
Please consider how you are able to support your child’s preschool.

One very important way is by becoming a member of our Governing Council.

Each preschool has a Governing Council and it is their role to oversee the operation, maintenance and development of the preschool, co-ordinate fundraising and social activities, assist with policy development and make decisions regarding the allocation of funds for new equipment etc.

We need volunteers for this year’s Governing Council. The new Governing Council will be elected at the Annual General Meeting on Monday, 29th February.

As well as Council members, we also need a Chairperson, Secretary and Treasurer.

Please let us know if you are interested.

And before you say “it’s not for me” or “I’m too busy” or “someone else will do it”, please think again. Your child will be the one to benefit from your involvement.

The children attending the preschool now are enjoying the results of previous Council’s efforts.

It’s very easy to ignore this newsletter, or pretend you didn’t know about the meeting – however if everyone does the same????????

Joining the preschool Governing Council is a great way to be involved and meet other parents – just ask previous members. Meetings are friendly, and everyone works together and shares the workload. Meetings are held twice a term, on an evening convenient to the members.

Meetings are usually 1 to 2 hours.

Membership of the Council is open to all Parents - preschool and playgroup.

If you are interested or would like more information, please speak to one of the Staff or present Council Members.

Our guest speaker at the Annual General Meeting, will be Cristy Hart. Cristy is a teacher at Salisbury Heights Primary School and is a Literacy Co-ordinator and Reading Support teacher. She will speak about supporting your child’s oral language development and early literacy skills.

Self-portraits from the kangaroo group

Madison  Logan  Lilah  Koby