



grenfell preschool & long day care centre

MusicQuiz Night

Our Music Quiz night on Friday was a great success and after it was finished people came up said " what a great night they had and please would we do it again." It can be very stressful organising something when you have no idea who is coming so thank you to the people who waited and were very patient while we found more seating for them. There were committee members and staff who worked very hard to see it was success and I would like to thank them all. Nights like this are also a success because of people who donate items for us to raise money People like Rebecca Squire from Grenfell Kids who came forward to donate a prize before we even thought of having a raffle, Kylie and Wayne Turner of the Albion Hotel, Tammys Beasley of Tammy's Hair Designs, Natasha Best of Natasha's Beauty Salon, Sarah and Andrew Trotter of PFC, Martina Dykhoff of Dykhoff's Bakery, Dean and Cherie Reid Thrifty Link and the parents who gave a donation for the night

Morning tea Reminder

All morning tea must be put into a labelled bag or container. This procedure is in place to prevent cross contamination. Please ensure you pack enough food for your child to eat at morning tea, some children require a piece of fruit and something else extra. If your child requires their fruit to be cut up you must do this at home and then store it in a sealed labelled container. Fruit is to be put on the fruit trays on the bench



The Garden Room

The Garden Room has started progressive morning teas to cater for the individual needs of the children.

The children can choose when and how long they spend having their morning tea. We are trailing it in the garden room for a term and so far, Rochelle and Dean said it is working well.



The Rainbow Room

There has been a lot of excitement going on in the Rainbow room. Children have noticed the mirrors on one of the cupboards and have found it amazing to see their reflection in them. You hear them talking to their reflection. Hearing children engage in conversation for the

first time has been rewarding for the staff for all the hard work they have been doing with those children. The Rainbow

room is running so well and the staff and children are a delight to be with.

The Rainbow Room children turning 3 in June will start their transition to the Garden Room over the next few weeks.



Our thoughts are with Leanne Walsh on the loss of her much loved mother and Tracey Walker on the loss of her brother

Biggest Morning Tea

We are having a Biggest Morning Tea fundraiser for the Cancer Council from 10 am on Thursday 28th May 2009. Please come along, have a cuppa with the staff, and share morning tea with your children. Families are asked to make a gold coin donation.

Get Well



The centre wishes our Treasurer Donna Reeves a speedy recovery from her recent surgery.

Measles Test proved that the **child suspected of having measles at the centre did not have them**

Car Park

The Car park is well on its way to being sealed. The children took a real interest in it when the machinery arrived to prepare the work for sealing. Harrison kept asking when was the tar truck coming as he was concerned he might not see it because they would be inside having their lunch.

Miss Emily from the Star Room would like to know if anyone has a set of encyclopaedia's they would like to donate to the centre.



The Star Room

Belinda, Emily and Patsy have been busy making the provisions for their room inviting. When the Gigalees Show came into their room they were very happy to move things around to accommodate them and what a great show it was. Wilma and Daisy the Gigalees said the children were a great audience and they said they were so well behaved. They were impressed with our centre and asked before leaving if they could go outside where the children were playing to say goodbye to them again.

Parents Surveys

Feedback from families is an important component in the delivery of high quality services to children and their families. We appreciate hearing your thoughts, whether they are positive or negative. We will use your feedback positively to improve the quality of service we are offering. In the April 27th Newsletter I said I would answer the concerns parents had indicated by marking unsatisfactory [on the surveys forms](#)

Quality area 1 Staff Relationships with children and Peers there were NO UNSATISFACTORY AREAS

Quality Area 2 Partnerships with Families

Three families indicated that Question 1 Staff communicates with my family about my child verbally and in writing was unsatisfactory

Answer Every day in each room, the staff write up a story of the day, which shows you the programme for your children. The programme fosters individual uniqueness, self-esteem, independence and caters for all learning areas. The program is designed to stimulate and develop each child's sense of self, communicating, thinking, and physical, social, feeling, creative and spiritual potential. The story of the day is displayed in each room. When the rooms combine, the story of the day is placed in the front of the sign in /out book for you to read and comment. If there is a concern about your child there is a red dot placed next to your child's name indicating that staff need to speak to you. Every child has a portfolio. The portfolios contain learning stories. Learning stories clearly demonstrate that learning occurs through play. Learning stories show learning in action, they provide a voice that helps parents imagine their children demonstrating their learning. Portfolios are stored in each room and parents are welcome to look at their child's portfolio. If parents wish to borrow their child's portfolio they must inform staff and record it on the portfolio borrowing card. Twice per year staff will make available time to meet with parents to discuss their child's portfolio, Parents may make an

appointment to discuss aspects of their child's development with the staff any time, staff greatly welcome parent's contributions. Our newsletter also tells you what is happening with your children and the centre.

Question 2: At the time of enrolment, the Centre provided a settling-in period for my child and family. One family had marked unsatisfactory.

Answer: When a family enrol at the centre they are given a parent information booklet and go through an orientation process. In the parent information booklet this article appears.

Helping Your Child Settle In –

Coming to a Child Care Centre for the first time is a big step for children and parents. Children all react differently to changes. Some children and parents are uncomfortable with change and can find this initial settling in period difficult to manage. The settling in process needs to be individualised for each family. It is important for us to know how you and your child are feeling during this time. We want to be a support during this time of transition. Please talk to us so we can help you by addressing any concerns and issues. The following points are strategies and guidelines for a happy transition:

- 1. Visit the Centre with your child before commencement.** Children feel safer when they are in a familiar environment. A visit before starting will reduce the strangeness of this new, big and exciting place. Sometimes new things are all too overwhelming for children. We can minimise this feeling by acquainting the children and parents with staff and routine. At this time the staff will give you a tour of the premises, pointing the toilets, lockers, playroom, cots and or bed etc.
- 2. Be positive – it is contagious.** After the visit to the Centre discuss it with your child. Ask what they remembered and liked, point out all the fun things, talk about the friendly staff etc.
- 3. Stay and Play.** For your first few times at the Centre make sure you have enough time to stay for a while before you leave your child. Show your child that you enjoy being at the Centre and value what he/she will be doing there. Get to know your child's primary care giver and let them know your child's routines, habits and what they enjoy. Sometimes it helps to bring a security object from home such as a special toy or blanket.
- 4. Say good-bye.** It is advisable your child is settled into an activity before you leave. Tell a staff member before you leave and they will ensure they are close by to help you both to say good bye. Make sure you say good bye and tell

your child you will be back to pick them up, so your child will not lose trust in you. Never sneak away. Once you have decided to leave, stick to your decision, and leave calmly and quickly. Never leave your child for a full day on their first day. Leave for progressively longer periods of time until you feel your child is ready for a whole day visit.

- 5. Develop a routine.** Try and do the same thing when you arrive every morning. For example, greet the staff, put things in locker, put morning tea and lunch on designated trays, settle your child into an activity, say good-bye and tell your child when you will return e.g. after sleep time.
- 6. Keep in touch.** Your child may become upset when you leave but usually can be distracted and quickly settled by staff members. Most children only cry for two minutes and then settle into play activities. Ring us anytime to find out how your child is going. Please be assured we would contact you if your child became too distressed. We aim to make you and your child comfortable and happy about coming to our Centre.

Staff members will discuss your child's day with you when you return. If you have any questions, do not hesitate to ask, we know this can be a difficult time and are here to help.

It is important to establish a good relationship with all parents at our service. Only through effective communication can the best interest of the child and the family be achieved.

In order to fulfil this belief all new families will have an individualised appointment where they will meet staff and have an opportunity to look at the Centre and discuss Policies and Procedures.

Parents and children will be individually greeted on arrival and departure. At this time, staff will discuss with you how your child's day was and it provides you with an opportunity to mention special events, how your child's night was or other incidental concerns and suggestions.

Parents/carers and relatives are welcome to visit our Centre at any time. We have an open house policy. We understand that children are mostly in care due to work or study related purposes. Due to these obligations, we understand your time is very valuable and limited.

I hope this has answered the concerns of these people who marked unsatisfactory In Quality Area 2



Dean Cawthorne is our Entrant in the festival and the festival committee have asked us to enter a float in the parade on the long weekend, Dean has decided to dress as an Indian Chief and the children will be the little Indians. The staff and children are busy making headbands with feathers for the children to wear.

Pockets

In the foyer each family is allocated a pocket. Your fees, receipts, newsletters and other Centre news are posted into these pockets. It is your responsibility to check your pocket regularly. Due to the high number of children attending the centre we have had to get more pockets. From next Monday 1st June your child's name may be in a different location, The children in the Rainbow room pockets will be now outside their room. Please ask if you have any trouble finding your pocket. Children who travel home on buses (3 to 5 year olds only) will continue to have their fees, newsletters and the story of the day placed in their bags.

Water – The Drink for Children

Water, and to a more limited extent, milk, are the only drinks children need to stay hydrated and healthy. Adequate hydration is particularly important in children, who can quickly fall ill when dehydrated.

Why water is best

Water is required by all humans to aid digestion and eliminate body waste, to allow the body to regulate its own

temperature and to prevent dehydration. Children can be at higher risk of dehydration than adults, in part because

they are less effective at perspiring and because their bodies generate more heat during exercise.

Children also often ignore or do not notice the warning signs of dehydration (such as headaches, irritability or feeling dizzy or tired). Dehydration in children can rapidly deteriorate into heat exhaustion, heat stroke or more

serious illnesses. Children need to be reminded and encouraged to drink adequate amounts of water each day.

Milk is also an important drink for children as it supplies a large percentage of children's daily calcium requirements,

but water should be the main source of hydration for children.

The problem with sweet drinks

The term 'sweet drinks' includes soft drinks and cordials, flavoured milks, flavoured mineral waters, sports drinks, energy drinks, fruit drinks and fruit juices. With an ever-increasing variety of these drinks available on the market, it is easy for children to be enticed away from the best drink for them – water. Not only are sweet drinks unnecessary, their consumption can lead to a number of health problems in children,

including excess weight gain, tooth decay, diarrhoea, malnutrition and reduced appetite or fussy eating.

Encouraging water drinking

Children should always have unlimited access to safe drinking water. When children see other family members, particularly their parents drinking water, they are more likely to see water as a normal and acceptable drink.

- Teach children to drink *before* they feel thirsty. By the time a child tells you they are thirsty, they are already partially dehydrated.
 - Provide water for children to drink before, during and after play, and with all meals and snacks.
 - Be vigilant for any signs of dehydration. Warning signs include tiredness, dizziness, irritability, not urinating or having a dry nappy for more than six hours, urine that looks darker and smells stronger than usual, a dry, parched mouth and lips and no tears when crying. If children complain of not liking the taste of water, try:
 - Adding slices of lemon or orange or a sprig of mint to water.
 - Freezing small pieces of chopped fruit in ice-blocks and adding these to water at snack and mealtimes.
- If you do choose to include some sweet drinks in your family's eating plan:
- Try to choose fruit juices that are 100% juice and contain some fibre.
 - Avoid keeping sweet drinks in the house, water down when offered, and limit to one small glass per day.

Parent-Carer Partnerships: Benefits for Everyone

When you and your child's carer/s have strong respectful relationships, you will learn from each other about your child. Most importantly, your child will have a better experience. Parents and carers bring unique perspectives, skills and knowledge to partnerships and both have responsibilities.

Following are some examples of what to expect from a partnership:

Communication

- You are encouraged to share information about your child as well as your beliefs, values and what matters to you about your child's experience.
- You are encouraged to ask questions and express concerns, and these are taken on board. There is genuine interest in your views. You and the carer/s make decisions together about your child's experience.
- Every effort is made to overcome language barriers. Written information is available in families' home language and interpreters are used when needed.
- Carers try to be available to talk when parents drop off and pick up children.
- The service has a variety of ways of getting feedback from families – for example questionnaires or surveys.
- Carers show empathy about challenges such as coping with separation, your child's reluctance to leave at the end of the day, worries about no longer being your child's most special person.
- You are not given unwanted or unnecessary advice.
- The service has in place processes for resolving conflicts constructively.

A sense of community

- You and your child feel welcomed, respected and valued. There are lots of friendly smiles and shared laughs.
- Everyone is told when a new child and family are starting so that they can be welcomed.
- The physical environment reflects the lives, cultures and communities of families.
- There is no evidence of bias, stereotyping or discrimination.
- You are offered a variety of meaningful ways to be involved, but there is not pressure to do so.
- The service has strong links with other agencies and professionals and helps families get additional support when they need it.

How can parents contribute to parent-carer partnerships?

Communicating about your child is the most important way to contribute to the partnership. You also contribute when you:

- bring respect, good will and commitment to the relationship.
- act responsibly and share information and concerns.
- show that you value the experience, expertise and commitment of your child's carer/s.
- appreciate the complexities and challenges of working in child care.

Partnerships come out of everyday encounters, actions and words. Little things mean a lot!

Dates to Remember

Next General meeting

6th July 2009 at 7.30

Information night

Monday 25th May 2009 at 7.30pm

Biggest Morning Tea

Thursday 28th May 2009 at 10am

Festival parade

Saturday 6th June

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