



grenfell preschool & long day care centre

newsletter

6th July 2009



Accreditation

The Centre received word that it has been accredited under the Quality Improvement and Accreditation System for Long Day Care Centres. It was great news and the staffs are delighted with the results. We received High Quality in all areas.



Healthy Little Ears

In Term 3, we will be implementing a nose-blowing program. The program focuses on children aged 3 – 5 years and their ability to blow their nose. Nose blowing has been identified as a way of managing middle ear problems in this age group. The program involves staff working with the children over 4 weeks, incorporating activities to promote nose blowing. Information sheets will be sent home weekly to parents as part of this program.



Reduction in fees:

You may notice that your accounts have been reduced. The fee reduction is due to the federal government increasing the amount they subsidise child care. On Wednesday 3 June 2009, the Minister for Education, Julia Gillard announced an increase in child care assistance to around 800,000 Australian families following the indexation of child care rates. Changes to Child Care Benefit rates and income thresholds and to the maximum amount of Child Care Tax Rebate will provide extra help to families with the costs of child care from 1 July 2009. The increases are a part of the Australian government's \$12.8 billion investment over the next four years to help Australian families with the costs of child care.



Healthy Eating

Emily and Rochelle attended a course in Parkes called Munch and Move, which taught them about healthy eating and how to encourage children to be more active. With the information learnt, it has

given the centre some ideas on promoting healthy lunch box alternatives. Starting as of next term, we are going to trial, within each room, a simple morning and afternoon tea that provides only healthy foods (fresh fruit and veggies). All these ideas are to encourage the children not to eat pre-packaged foods (cakes, chips etc) that are high in sugar, salt, preservatives and colourings. Families are asked that instead of sending a full lunchbox to cover meal times at the centre, they send in 2 pieces of fruit. This will be shared among the children, during morning tea and afternoon tea, which will encourage them to try new foods and develop their self-help skills for the older children who serve their own foods.

For lunch, individual meals will still be necessary. Some ideas to continue with the healthy eating approach could be:

- Bread roll, lavish breads
- Sandwich
- Tub of yogurt
- Piece of cheese
- Sao's
- Tub of custard
- Tins of tuna

If you have any questions or other ideas that we could promote as part of our new healthy eating process let us know.



Our thoughts are with Janine Eyles back in New Zealand as she spends time with her family following the loss of her mother.

School Holidays Programme
10th July to 27th July.
We hope to have many fun activities happening during the holidays.

The Rainbow room



The children have been having a wonderful time reading books that the children have brought in from home. If the children have something, special they would like to bring in and show the other children they are most welcome too. After showing them, they will be put away in their lockers.

Scallywags Scare Crow Show

This was a farm safety show put on to help teach children about the danger around farms and the home. The children appeared to take everything in what they were told. They sang songs to help inform the children about the dangers. The centre purchased the Cd to add to our programme on safety. As parents it is also our responsibility to help enforce the awareness..

AGM - 21st September

The Management Committee of Grenfell Preschool and Long Day Care Centre are elected each year at the AGM, which is usually held on the third Monday in September.

The Committee comprises of seven people, and includes:

- 4 members of the Executive, namely the President, Vice-President, Secretary and Treasurer.
- 3 ordinary members elected at the AGM (or at a later General Meeting if one of the three positions remains unfilled).

The Management Committee has ultimate responsibility for the operation of the Centre including:

- overseeing the activities of the Centre ensuring the Centre meets licensing obligation
- controlling the Centre's money
- ensuring proper financial records are kept
- hiring new staff
- ensuring work conditions and salaries are in accordance with awards
- setting fee levels
- developing policies
- ensuring the premises are maintained
- promoting the Centre to the community

If you are interested in being part of our committee please come along on the 21st September

Lost Property

Please check the lost property to see if your child items have been left at the centre.

OUTREACH

Work Opportunities for Women (Statement of Attainment in Access to Work and Training - 9070)

A Computing and Work Skills Course
In Semester 2, 2009

Are you:

- seeking working skills
- seeking an opportunity for further study options; and
- want computer, emailing and internet and business skills
- Senior First Aid

The Timetable for Grenfell is yet to be advised but classes will be daytime (1 or 2 days per week) in school hours depending on interest

Classes will start as soon as adequate numbers are finalised

Put your name down at Grenfell College by phoning Brian Johnson on 63431786 (Please leave a message if unattended)

**For more information please
contact Sue Wood at Outreach
on 68539123 or email
sue.i.wood@det.nsw.edu.au**

Dates to Remember

School Holidays

10th July - 22nd July

AGM

21st September 7pm

Contact Us

✉ 35 Forbes Street
(PO Box 35)
Grenfell NSW 2810

☎ 02 6343 1743

📠 02 6343 1304

✉ mail@grenfellpreschool.com.au